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meanwhile in baseball

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A *new* CANADA

SPECIAL EDITION

ELECTION 2015

Trudeau's Liberals sweep to victory

- Stephen Harper steps down
- Mulcair: End to 'politics of fear and division'
- Metro's analysis: Invest in infrastructure
- Parties split British Columbia

THE CANADIAN PRESS

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metro ELECTION

2015 FEDERAL ELECTION

CANADA'S NEW PRIME MINISTER

Liberal leader and Prime Minister Elect Justin Trudeau kisses his wife following his victory speech at Liberal party headquarters in Montreal on Monday after winning the 42nd Canadian general election. SEAN KILPATRICK/CANADIAN PRESS

The son also rises

NEW GOVERNMENT

Canadians vote for change as Liberals win

Prime Minister Justin Trudeau.

That title, which seemed improbable a mere 11 weeks ago, is now set to become a reality after the Liberals' historic, come-from-behind result, besting incumbent Conservatives and hopeful New Democrats in one of the country's longest and costliest elections.

"Canadians from all across this great country sent a clear message tonight. It's time for change in this country my friends, real change," Trudeau said in Montreal.

"A positive, optimistic hopeful vision of public life isn't a naive dream. It can be a powerful force for change."

The election ushers in a new era for Canada as Trudeau was swept to power on a vow to change how Canadians were governed and a commitment to end what he branded as the Conservatives' divisive style of politics.

Preliminary results had the Liberals at 189 seats, comfortably more than the 170 seats needed for a majority government in the expanded 338-seat House of Commons. It's a stunning rebound for a party that had been knocked down to 34 seats in the 2011 election and left for dead.

The Conservatives won 103 seats, the New Democrats 35, the Bloc Québécois 10 and the Green Party had one seat, won by leader Elizabeth May.

The day was a humiliating loss for Conservative Leader Stephen Harper, who has served as prime minister since 2006, and a crushing night for NDP Leader Thomas Mulcair.

Harper, who had led his Conservatives to three successive victories, immediately signalled he would be stepping down as leader and instructed the Conservative party to appoint an interim leader and launch a process to select a new leader, according to a party statement.

TORSTAR NEWS SERVICE

WINNING QUOTES

Canadians from all across this great country sent a clear message tonight.

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Justin Trudeau

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CANADA'S LIBERAL GOVERNMENT

Grits dominate, but what now?

ELECTION 2015

Trudeau win caps stunning reversal of fortunes

Steve Rennie
Metro | Ottawa

Liberal Leader Justin Trudeau greets supporters as he steps off his campaign bus for a rally October 13 in Toronto. The Liberals swept Atlantic Canada and continued to gain ground across the country. PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau's Liberals didn't just win this election. They did what few, aside from the most die-hard of partisans, thought possible a few short weeks ago.

They dominated.

They swept Atlantic Canada and never looked back.

It is a stunning reversal of fortunes for a party many wrote off as dead after the last campaign four years ago.

The shock result will leave the Conservatives and NDP scratching their heads.

But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.

From the start of this marathon campaign, the ballot-box question has been the same: do you want change, and if you do, which party has the best shot at unseating the Conservatives?

Who would have thought when this whole thing started back at the beginning of August that Trudeau's Liberals would be that party?

Trailing in the polls, without the wind that Tom Mulcair's New Democrats had in their sails, and with an untested leader prone to speaking first and thinking later, the Liberals looked like they'd be lucky to hold on to their three dozen seats.

Yet here they are, 11 week later, poised to form a majority government and to return a Trudeau to 24 Sussex for the first time since 1984.

So, what now?

We already know what the Liberals plan to do: run three years of deficits to pay for a multibillion-dollar infrastructure plan, redistribute the federal child benefits of high-income families to less wealthy ones, look at changing the Conservatives' controversial anti-terrorism legislation and reform the Senate through an arms-length process to select future members, to name a few things.

> **The shock result will leave the Conservatives and NDP scratching their heads. But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.**

There will be much soul-searching in the rival camps.

Stephen Harper's days are done. The Conservatives will be looking for a fresh start under a new, less polarizing leader.

They must broaden the party's appeal and find a way to grow the party's traditional base if they hope to return to power.

A new leader should help. Plenty of people say they like the Conservatives but can't stand Harper. But the party will also need to decide if its hardline positions on issues such as the niqab and legalizing marijuana need to be softened.

What happens to Mulcair is a trickier question. He has done an admirable job as Parliament's interrogator-in-chief, but he alienated some voters by steering his party to the political right.

He probably deserves another shot, but he may not get one. Politics is a cruel business.

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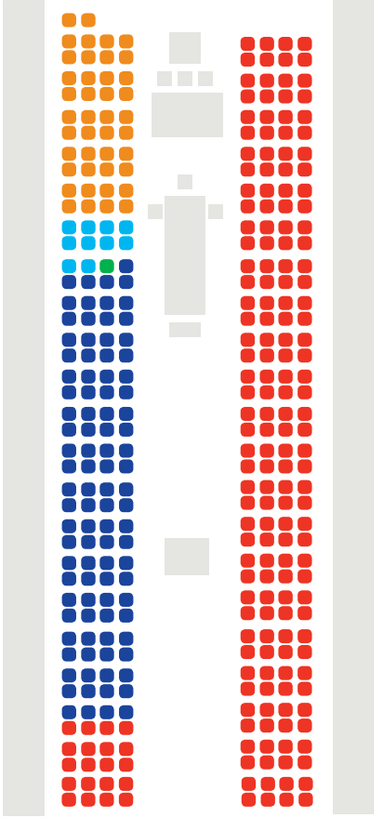
THE SEATS



LIB 185
CON 100
NDP 42
BLOC 10
GREEN 1

Election highlights from across the country

ATLANTIC

The rising Liberal tide started in Newfoundland and Labrador and washed across Atlantic Canada.

The Grits were elected or leading in all 32 ridings in Newfoundland and Labrador, Prince Edward Island, Nova Scotia and New Brunswick, turning their backs on the 13 incumbent Conservatives and six New Democrats.

"Atlantic Canada sent Stephen Harper a message — we want change," said former Conservative MP turned Liberal candidate Bill Casey, who won one of the hottest Nova Scotia races — Cumberland-Colchester — in Atlantic Canada.

The Liberals doubled their vote in Atlantic Canada with many crediting leader Justin Trudeau's many visits to the region over the 78-day campaign.

The Grits only won 12 ridings in Atlantic Canada in 2011.

Issues facing easterners included a struggling economy, nagging unemployment, threats to health-care funding and, in Prince Edward Island, the embarrassment of Conservative Sen. Mike Duffy being at the centre of a spending scandal that's still before the courts.

The veteran NDP MPs who fell included Jack Harris in St. John's East, Megan Leslie in Halifax riding, and Peter Stoffer, Sackville-Preston-Chezzetcook.

QUÉBEC

The province that marked the beginning of the New Democratic Party's dream in the last federal election was the sight of its nightmare as votes were counted on Monday night.

The party's fortress in Quebec crumbled, giving Justin Trudeau's Liberal party one big step on its way path to a majority government. But the Conservative Party and the sovereigntist Bloc Québécois also made gains amid the ruins.

When the election was called on Aug. 2, the NDP dominated Quebec with 54 seats. The Liberals had just seven MPs from the province and the Conservatives held five ridings. The Bloc had just two seats. There were five Independent MPs as well as two former Bloc MPs who founded the splinter party, Strength in Democracy.

The most obvious benefit of the faltering NDP in the majority francophone province was Trudeau's team. The party saw a number of veterans elected, including Denis Paradis, a former federal minister, and Pablo Rodriguez, who was an MP from 2004 to 2006.

Despite the NDP outcome, some big Quebec names were re-elected, including Ruth Ellen Brosseau in Berthier-Maskinongé, Alexandre Boulerice in Rosemont—La Petite-Patrie, and Guy Caron in Rimouski-Neigette—Témiscouata—Les Basques.

ONTARIO

Ontario voters giveth, Ontario voters taketh away.

Four years after Ontarians delivered Stephen Harper's Conservatives a majority government, they have handed that cherished prize to Justin Trudeau's Liberals.

Armed with a top-notch campaign run by veteran Queen's Park Liberal operatives Katie Telford and Gerald Butts, Trudeau romped to victory Monday in a province that is home to 121 of Canada's 338 ridings.

Harper's previous success in Ontario — where the Tories won 73 of the 106 seats that were up for grabs in 2011 — was easily erased by the Liberals, who had taken just 11 seats in that vote.

And the New Democrats, who had triumphed in 22 ridings here in the last election, were collateral damage with high-profile candidates like former MP Olivia Chow, Parkdale-High Park MP Peggy Nash, Davenport MP Andrew Cash, and Ottawa Centre MP Paul Dewar losing.

As of 11:30 p.m., the Grits had won or were leading in 79 of Ontario's 121 seats to 34 for the Conservatives and eight for the NDP.

The Liberals ran the table in the Greater Toronto Area, wiping out the Tories and the NDP in the 416 area code.

THE WEST

The Conservatives have dominated the West for years, but Liberals and New Democrats made some dents, with Liberals leading in two seats in Alberta.

Winnipeg riding Saint Boniface-Saint Vital was wide open after Conservative Heritage Minister Shelly Glover decided not to seek re-election following two terms. As with the red tide that swept westward across the country, Liberal candidate Dan Vandal, captured the seat ahead of Conservative Francois Catellier,

The NDP sweep in the provincial election didn't mean much for the party in this riding, held for the Conservatives by former Calgary Herald editor Joan Crockatt, who first won in a 2012 byelection.

With one-third of the polls reporting, she was slightly ahead of Kent Hehr, a former Liberal member of the Alberta legislature.

The New Democrats, which entered the election with no seats in Saskatchewan, were counting on a win in Saskatoon West, a redistributed urban riding, which would have gone NDP in the 2011 vote. And they got it. Sheri Benson, took an early lead and held it thanks to a vote split between city councillor Randy Donauer for the Conservatives and the Liberals under Lisa Abbott, a lawyer.

TORSTAR NEWS SERVICE

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CANADA'S OPPOSITION

HARPER QUOTES

During the past nine years it has been an unbelievable honour to serve as your prime minister.

Know this for certain: When the next time comes, this party will offer Canadians a strong and clear alternative based on our ... values.

While tonight's result is certainly not the one we had hoped for, the people are never wrong.

Stephen Harper greet supporters in the Calgary Heritage riding prior to the Conservative leader conceding defeat. THE CANADIAN PRESS

Harper to step down as leader after election loss

NEW LEADERSHIP

Conservatives now the official opposition

Monday, as many Conservatives wrestled with a heartbreaking loss, Harper stepped down as party leader, said Conservative Party national president John Walsh.

"I have spoken to Prime Minister Stephen Harper and he has instructed me to reach out to the newly elected parliamentary caucus to appoint an interim leader and to the National Council to implement the leadership selection process pursuant to the Conservative Party of Canada constitution."

"I wish to address all Canadians," Harper told a large crowd of supporters here. "During the past nine years it has been an unbelievable honour to serve as your prime minister."

"We put it all on the line, we gave everything we had to give and we have no regrets whatsoever."

Jason Kenney, defence minister in Harper's cabinet, said "it's a bad night for the Conservative party, but we'll come back." He said the Conservatives' policies were not the problem but "where we went wrong was on tone," said Kenney.

"We need a conservatism that is sunnier and more optimistic," he said. "We have to take collective responsibility for that."

He deflected questions about leadership ambitions.

The first outward sign of trouble on election day in Stephen Harper's Calgary home base was the grim looks on his staffers' faces as the Conservative leader arrived to vote.

Then came reports from the Conservative campaign across the country. It looked bad. Mid-morning officials thought the party could emerge with just 120 seats.

But there was Harper, visibly at ease with an outcome he knew in his gut was coming — that his campaign was skidding to a brutal loss. Harper had a relaxed lunch with his campaign team, boosting their spirits, and spent time preparing "lots of speeches," at ease with a number of possible outcomes.

Those who know Harper best say it was the same ease he has carried since February when he made the decision to call an unexpected early election campaign that would start in August — a decision his campaign does not regret.

> **We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.**
> Stephen Harper

The decision that Harper made on whether to stay or go was known to very few.

Earlier, before Harper announced his intention to step down, Guy Giorno, chair of the Conservative campaign, had said there would be an in-depth post-mortem on how the campaign was conducted but rejected any suggestion that Harper was not the man to lead it.

He said it was a simply a near impossible feat to win four mandates. "We just couldn't buck history."

Giorno ascribed the Conservative loss to the collapse of the NDP vote, and said, "We are "proud" of the campaign Harper conducted, but declined to identify where he thought it went wrong.

"I'm the chair of the campaign. To the extent we fell short of the mark, I'm accountable the buck stops with me, I take responsibility for that."

Asked if the Conservatives had underestimated Trudeau, Giorno dodged. "I think we had the measure of what he was promising to do which is to raise taxes and cut benefits from Canadians and now Canadians will see that."

"The prime minister knew we were in for an extremely difficult battle," said campaign official Ken Boessenkool in an interview with Torstar News Service, but Harper didn't want to leave the fallout from the Mike Duffy fraud trial "and other stuff" to another leader.

"He thought it best that he take us into this campaign, that he lead the campaign and that he leave a strong vibrant party if that was Canadians' choice to the next person."

Boessenkool said Harper can hold his head high because he has left the party in strong shape for the long term.

For many, there was only one possible outcome. Harper would have to step down in order for the party to rebuild.

"There'll be legacy discussion, mourning and an immediate leadership," race that begins Tuesday said one Conservative organizer.

Recriminations were beginning, and blame assigned, in some cases to campaign manager Jenni Byrne who was not in Calgary for Election Day — while the other top people on the campaign team were.

TORSTAR NEWS SERVICE

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VANCOUVER VOTES

Breakthrough in

Liberal supporters cheer a broadcast showing the party's success in B.C. at Steel Toad Brewery in Vancouver on Monday night. EMILY JACKSON/METRO

CRIMSON TIDE

Grits gain new ground in traditionally hostile land

Matt Kieltyka
Metro | Vancouver

An unprecedented showing from the Liberal party in British Columbia capped off a dream night for Justin Trudeau.

As of Metro's deadline, Liberal candidates had been declared winners in 15 B.C. ridings and led in three more.

It represents the party's strongest performance in the province — traditional bases for the Conservatives and NDP — since Trudeau's father, Pierre, was Prime Minister in 1968.

Not that it mattered.

Before polls closed in British Columbia, the Liberals had already been declared as there was no blackout on results in other parts of the country, where polls closed much early and votes were being tabulated while British Columbians were still voting.

The Liberal gains in B.C. came at the expense of the Conservative party, knocking off incumbent Tories such as Nina Grewal (Fleetwood-Port Kells), Kerry-Lynne Findlay (Delta), Andrew Saxton (North Vancouver), Wai Young (Vancouver South) and John Weston (West Vancouver-Sunshine Coast-Sea to Sky Country).

The lost seats, where the Conservatives dropped to 11 seats (and leading one by deadline), in B.C. compounded a miserable night for Stephen Harper's party.

It was also a disastrous night across the country for the NDP, which led in the polls when the election campaign began two months ago.

The "orange crush" from 2011 was wiped out, with the party just picking up 43 seats.

However, they managed to hold their own in British Columbia, hanging on to 12 ridings.

Former provincial MLA Jenny Kwan (Vancouver East) joins the NDP ranks with Peter Julian (New Westminster-Burnaby), Fin Donnelly (Port Moody-Coquitlam) and Don Davies (Vancouver Kingsway) among others.

Green Leader Elizabeth May held on to her riding of Saanich-Gulf Islands, though high-profile candidates such as former CBC meteorologist Claire Martin, SFU professor Lynne Quarmby and former Whistler mayor Ken Melamed failed to secure the party a would-be history second election victory in Canada.

The power ridings Tight races make for surprising results

Dianne Watts
South Surrey—White Rock

Cam Tucker
Metro | Vancouver

Former Surrey mayor Dianne Watts has been elected to Ottawa, where she will begin the next phase of her political career with a Conservative Party that saw its previous majority government toppled in Wednesday's federal election.

Running in South Surrey—White Rock, the 55-year-old Watts defeated Liberal candidate Judy Higginbotham, a former Surrey councillor and primary frontrunner in this campaign, in a riding that lived up to its billing as one of the closer races in Metro Vancouver.

Watts secured 44.0 per cent of the vote, while Higginbotham sat at 41.8 per cent with 208 of 209 polls reported.

Supporters greeted Watts with applause as she entered a local restaurant around 9 p.m. After receiving hugs and handshakes, she turned to the television to keep track of the election results.

A loud cheer erupted, as she was declared victorious in her riding.

Watts called her victory "bittersweet" after watching the Liberals claim a majority government.

"I always look for the silver lining in everything and I think it's an opportunity to really review what's going on with the party," she said.

Jody Wilson-Raybould
Vancouver Granville

Emily Jackson
Metro | Vancouver

Liberal candidate Jody Wilson-Raybould decisively won the first seat in the new Vancouver Granville riding despite a controversial strategic voting campaign that endorsed the NDP as the best bet to defeat the Conservatives.

Wilson-Raybould, a former Crown prosecutor and Regional Chief of the Assembly of First Nations, defeated Conservative Erinn Broshko and NDP star candidate Mira Oreck with 44 per cent of the vote, with her opponents each receiving 26 per cent.

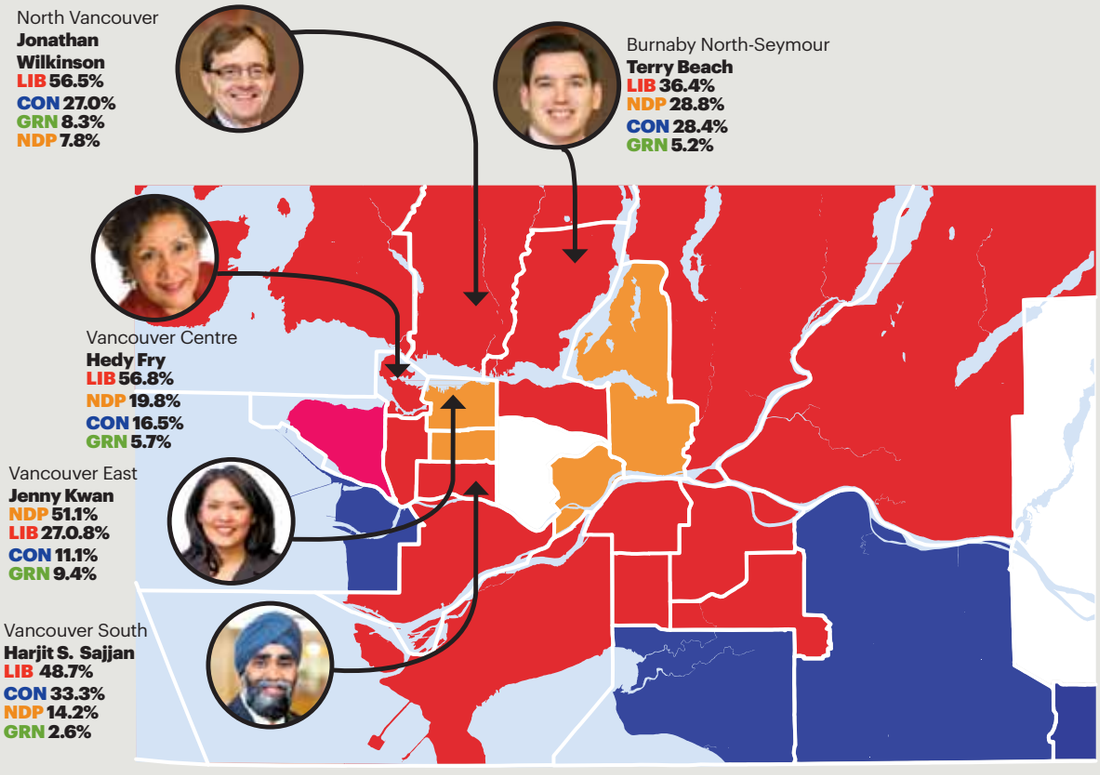
Just days before the vote, the riding entered the spotlight when polls suggested Wilson-Raybould was either slightly in the lead or in a three-way statistical dead heat with the Conservatives and NDP. Advocacy organization Leadnow, which promoted strategic voting to oust Harper, sparked controversy by suggesting left-leaning voters pick Oreck instead of Wilson-Raybould.

But strategic voting campaign didn't tip the scales.

In a brief phone interview before heading to the Liberals celebration at a Vancouver brewery, Wilson-Raybould said she believes voters are thoughtful in her riding, which she said is a reflection of who we are as a country. She said she's truly honoured to bring their voices and their collective desire for affordable housing to Ottawa.

B.C. for Liberals

mapped Ballot-casting breakdown



- **Abbotsford** — Ed Fast — CON 48.4%
- **Burnaby South** — Undecided at press time
- **Cloverdale-Langley City** — John Aldag — LIB 45.5%
- **Coquitlam-Port Coquitlam** — Ron McKinnon — LIB 34.8%
- **Delta** — Carla Qualtrough — LIB 49.5%
- **Fleetwood-Port Kells** — Ken Hardie — LIB 46.6%
- **Langley-Aldergrove** — Mark Warawa — CON 45.5%
- **Pitt Meadows-Maple Ridge** — Name of winner — LIB 33.9%
- **Mission-Matsqui-Fraser Canyon** — Undecided at press time
- **Port Moody-Coquitlam** — Fin Donnelly — NDP 35.8%
- **Richmond Centre** — Alice Wong — CON 43.5%
- **Steveston-Richmond East** — Joe Pechisolido — LIB 45.2%
- **Surrey Centre** — Randeep Sarai — LIB 45.6%
- **Surrey-Newton** — Sukh Dhaliwal — LIB 56.0%
- **Vancouver Kingsway** — Don Davies — NDP 45.1%
- **Vancouver Quadra** — Joyce Murray — LIB 58.6%
- **West Vancouver-Sunshine Coast-Sea to Sky Country** — Pam Goldsmith-Jones — LIB 55.0%
- **New Westminster-Burnaby** — Peter Julian — NDP 44.4%

A prime minister with B.C. in his blood

PROMISES

Time will tell if Trudeau repays our trust in him

Matt Kieltyka
Metro | Vancouver

"I've always believed that from this place, you can see the future of Canada."

So said the nation's new prime minister, Justin Trudeau, in a campaign ad this summer professing the Liberal leader's deep roots in British Columbia, while he trudged up the Grouse Grind.

Climbing up a mountain that day appeared more difficult than taking the country Monday, on an election night where the Liberal party cruised into power even before a single B.C. vote had been counted.

No sweat.

But it's here where environment and economy are one.

It's he who will fight for transit and affordable housing.

In him, we'll finally have "a Prime Minister that doesn't just talk B.C., but has it in the blood," he vowed.

Bold words for a man representing the Montreal riding of Papineau. Now all British Columbians will be watching to see if the former teacher at West Point Grey Academy and Sir Winston Churchill Secondary School will repay the province's trust in him.

Just what does Trudeaumania Part Deux mean for B.C.? On one hand, the Liberals support a ban on oil tanker traffic off B.C.'s north coast, seemingly spelling doom for Enbridge's Northern Gateway pipeline.

Add re-opening the Kitsilano Coast Guard station, shuttered so controversially by the Tories, to his list of promises.

Ditto when it comes to federal cash for public transit, creating a National Housing Action Plan, and investing in social housing.

So far, so good.

However, Trudeau has been less than clear about his stand on other key energy projects — such as Kinder Morgan's Trans Mountain pipeline, which terminates in Burnaby.

Time will tell but you can bet proponents will waste no time lobbying the new PM — as advised by his party's former co-chair Dan Gagnier, who resigned last week after his "inappropriate" emails to TransCanada Corp. (the people behind the proposed Energy East pipeline) leaked.

Trudeau hasn't shown his hand to British Columbians when it comes to the environment either.

Unlike the NDP and the Greens, the Liberals did not set out any emission reduction targets in its campaign platform or commit to a carbon-pricing scheme.

Are we forgetting something?

Shortly after the Liberal majority was declared, Vancouver's "Prince of Pot" Marc Emery took to social media and posted a photo of himself taking a hit from a bong.

"Pot is legal in all of Canada. Liberals win majority. We — the cannabis culture — showed up," Emery wrote on Facebook.

Legalize it, Justin.

You promised. It doesn't get any more B.C. than that.

CANADA'S OPPOSITION

Shocking collapse as New Democrat support waivers

THOMAS MULCAIR

Campaign built around 'change' fails to live up to momentum

The New Democrats came so close, but then the campaign rolled on and history left the historic hopes of the New Democrats — and their beloved Official Opposition status — behind.

Thomas Mulcair did not become prime minister in the first federal election where one could talk seriously about that being a possibility, and by 11 p.m. had already spoken to prime minister-designate Justin Trudeau to congratulate him on his victory.

Early results suggested Mulcair would keep his Montreal riding of Outremont, but the race looked very close as much of the rest of the province — and the country — got swept up in the Liberal momentum.

There will be much disappointment (and second-guessing) in the ranks for that, as the party recovers from its orange crash. Was it the niqab? Was it the decision to promise a balanced budget? Was it that Mulcair could just not compete, on a personality level, with the charismatic Trudeau?

Time will tell as the post-election analysis comes in, but as one NDP insider put it even before the devastating results started rolling in Monday night: This was a momentum campaign, propelled by the desire for change, and the momentum did not go their way.

NDP Leader Tom Mulcair speaks to supporters Monday in Montreal. THE CANADIAN PRESS

The bad news began in Atlantic Canada, losing both NDP Deputy Leader Megan Leslie and long-time MP Peter Stoffer to the Liberals.

They knew those provinces would likely be a near-Liberal sweep, but by the time the Quebec results started rolling in, it was clear the NDP had fallen hard and fast to third place.

The mood in the room was sombre, with a smattering of cheers and applause as the occasional victory rolled in — including that of Ruth Ellen Brosseau in the Quebec riding of Berthier-Maskinongé, the young woman who travelled to Las Vegas during the 2011 election campaign and then had come to symbolize how many of the paper candidates from 2011 had worked hard to become serious MPs.

Early results also suggested they would be able to hold their own in British Columbia.

But celebrations came few and far between, despite party president Rebecca Blaikie at one point yelling some enthusiasm into a microphone in front of a relatively small crowd of supporters: "It ain't over till it's over!"

But it was over, really, and it was even hard to see a silver lining, beyond the fact that Conservative Leader Stephen Harper — against whom they campaigned hard — had gone down to defeat.

Before the poll results started coming in, NDP sources who acknowledged their path to victory had disappeared were still confident the party would at least receive its second-best result in its history.

That second-best bar was not a high one to jump. Before 2011, when the late Jack Layton led his party to Official Opposition status, the highest number of seats they had ever had in Ottawa was 43, under former leader Ed Broadbent.

And yet, they did not even make that.

The fall from 95 seats at the dissolution of Parliament to Elections Canada online results showing them leading in just 42 seats, at time of publication Monday night, is a steep one. And this, especially, for a campaign that had been arguing the party needed only 35 more seats to defeat the Conservative government of Stephen Harper, unlike the 100 needed by the Liberals, who in the end were the ones to actually do it.

TORSTAR NEWS SERVICE

SAANICH-GULF ISLANDS

May greets new era

Thandi Fletcher
Metro | Vancouver

Elizabeth May has done it again.

The Green Party leader coasted to victory Monday night, winning her seat as MP for Saanich-Gulf Islands on Vancouver Island for the second time.

Although the polls had just closed, May waltzed into the Green election headquarters like a winner, walking hand-in-hand with Green candidates Jo-Ann Roberts and Frances Litman as her forecast of a Stephen Harper Conservative defeat appeared to be coming true.

"Welcome to the first night of the post-Harper era!" a beaming May said to a crowded room of supporters. "I don't know for sure about being re-elected except that Tom Mulcair just called to congratulate me."

Before that call, May said she also spoke to Justin Trudeau on the phone to congratulate him on his victory and to ask when she could meet with him to discuss the upcoming United Nations climate conference.

But it wasn't all celebration for the Greens. Heading into the election, May, one of just two Green MPs in the last Parliament, hoped her party would gain greater support. May's hopes were dashed as the party retained only her seat.

WITH FILES FROM TORSTAR NEWS SERVICE

RICK MERCER REPORT
#rickmercerreport
TONIGHT Rick makes a splash in a free-fall lifeboat at Nova Scotia Community College's Nautical Institute in Port Hawkesbury.
ALL-NEW
TONIGHT 8

metro VIEWS
Your essential daily news
Tuesday, October 20, 2015

ROSEMARY WESTWOOD

It felt more like a relief than a victory. 'A lot of good people lost,' my friends echoed each other — excited to see the Conservatives out of power, but sad to see the gutting of the NDP.

I could tell our hostess had been giddy all day.

"I feel like someone who loves sports," she said breathlessly as we rode up the elevator. It was only 5 p.m.

Your election party might have been rowdy. Ours was candlelit. Camembert cheese (thankfully not ice-cold), a homemade North African peanut soup and bottles of red wine. How else does a feminist salon — in the sense of an assembly of friends — toast to the demise of Stephen Harper?

There was the hostess, who is a social-justice advocate, and our friends, the lawyer, the fashion designer and the non-profit manager. For a night amped up this much on social media, we were ready to be giddy. Then the CBC — and Peter Mansbridge in particular — started coverage with all the pulse and excitement of a funeral. It would turn out to be Stephen Harper's.

We watched Mansbridge humdrum his way through Atlantic Canada's red sweep, caught a shot of Ian Hanomansing and a hit of actual energy from the unequalled Rosemary Barton, and switched to the Jays, just in time for the second inning go-ahead run.

"Come on, come on, come on!"

"Yes, yes, yes!!"

By then, the Liberals had 60 per cent of the votes counted so far, and it was time for brownies and ice cream.

"Should I microwave these brownies so they're gooey?" asked Hostess.

The ladies squealed as the Jays rapidly scored another spate of runs. And the CBC's snoozefest coverage continued, until 9:41 p.m., when we switched back.

"Based on this," Mansbridge was saying, "the next prime minister of Canada will be Justin Trudeau."

"Oh my God. Oh my God," said Non-Profit.

"Eat it, Stephen Harper!" said Lawyer.

CBC was calling 54 seats for the Liberals, 18 for Conservatives, and the NDP? Just three.

"The NDP just got slaughtered," I said.

"They really did," Non-Profit said.

In Outremont, though early in the polls, Thomas Mulcair trailed in his own riding.

"Oh dear," Non-Profit sighed. "He must be, like, 'How did this all happen'?"

The CBC's background was by then awash in red, with photos of Justin Trudeau in a canoe.

"It's like 165!"

"Really fast!"

There was only one Liberal voter in the bunch. But no one was sad for a Trudeau win — just sympathetic for the NDP. Non-Profit would have wanted a coalition. The others agreed.

They bemoaned the loss of Megan Leslie in Halifax and Peggy Nash in the GTA — popular politicians who seemed to have lost more to anti-Harper sentiment than to Trudeau.

The votes rolled in.

"Oh, Chris Alexander lost!"

"Excellent!"

"Yes! Fantino's gone!"

Stephen Harper was projected to win his seat.

"I just want to see him concede," I said.

"Ooh," the ladies cooed.

All the anger on all sides of the spectrum gives way, on election day, to hope.

"He'll probably just scurry home," Non-Profit quipped.

"What'll he do after?" wondered Hostess.

"He'll do some stupid Conservative think tank and write some angry articles," Non-Profit answered. "He'll love it. And play in his band the Vancats."

I held my breath for one more Green MP, and the CBC called it a Liberal majority.

It felt more like a relief, less like a victory.

"A lot of good people —"

"A lot of good people lost," said Designer.

They echoed each other: excited to see the Conservatives kicked out of power, but sad to see the gutting of the NDP.

Earlier in the day, just after voting, I'd felt the gleam of a new government. It was silly, but I felt I already knew it was the end of Harper, the start of something.

There was sunlight. Lemon and lime and cherry-red leaves. Dogs poked their heads over fences. I saw an Olivia Chow supporter's Harper's Last Day pin, and it finally felt possible, instead of simply aspirational.

All the anger on all sides of the spectrum gives way, on election day, to hope.

But we didn't vote for newness, so much as voted against the status quo.

"It's easier to say now, to feel badly for the NDP, because we know we're not threatened by the Conservatives," noted Designer. "But we all said before, 'not Harper.' And this is what we're left with."

Plus, they added, "We have a new, young, hot Prime Minister!"

"Everyone is going to be like, Where did they get this hottie from?"

Answer: The dynasty train.

THE MICROTREND: Peer pressure at the polls

The result may not be the only surprising thing about this election. There were signs of a turnaround in youth turnout. Social-media newsfeeds were crowded with young people encouraging others to vote — with selfies, with funny memes and occasionally with shaming tactics. The excitement was palpable online, from an indigenous youth voting campaign to a site for organizing "vote parties," making civic duty a social occasion. Why? It could be Conservative fatigue, or university students who were allowed to vote on campus in their home riding for the first time. But it might also be that since 2011, many millennials have transitioned into full-blown adults, with homes of their own, taxes to pay, small children and aging parents. Where there was once utter disaffection, there are now urgent reasons to vote.

Long-simmering campaign a recipe for voter engagement

Emma Teitel

On Oct. 10, Mary Cleaver, a B.C. woman in her 40s, posted on Facebook about why she would not be voting for Stephen Harper, even though his party's economic policies might benefit her family.

"You've underestimated us," she wrote. "On Oct. 19, we're not voting for our bank balance. We're voting for change because we want the caring Canada of our youth back."

Cleaver's post was shared in the thousands from coast to coast. Spreading Cleaver's message were disenchanted Conservative supporters and staunch progressives eager to disseminate any criticism of Harper. But the group I noticed linking to Cleaver's post most enthusiastically were people my age, in their 20s — a demographic thought unlikely to show up at the polls, yet clearly inspired by the notion that a person would base their vote not on how it might affect her, but on how it might affect the lives of others.

Say what you want about this campaign's bizarre ugliness, but you'd be remiss if you failed to acknowledge that this was a remarkable campaign for youth engagement. It was rife with an unusual passion for the democratic process.

People still may not be voting at the rates they should be, but they are at least learning about politics. Political discourse, whether partisan, balanced or incomprehensible, was almost impossible to ignore this election season.

"People really recognized this was an important and decisive election," said Melana Roberts, 26, co-chair of the Toronto Youth Food Policy Council. "Young people ... are far less apathetic. We are recognizing we are the makers of our own futures, and if we don't stand up for the things we believe in, no one else will."

Roberts may be right about waning apathy. But I have a different theory about high youth engagement with politics: Our election was simply too long to ignore.

If you're a politically uninformed person (I was one for a very long time), when there is an election — usually five weeks in Canada — you typically tune in twice: when the campaign kicks off, and before you're supposed to go to the polls, when you hastily read whatever campaign literature you can get your hands on.

But the protracted election cycle gives voters no choice but to marinate in the issues, and it's infinitely beneficial in an age where sites filter out content deemed irrelevant to our personal interests. Yes, taxpayers have to foot the bill for a long election, but some things — a healthy, engaged democracy for one — are worth the time and money.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

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PHILOSOPHER CAT
by Jason Logan

Business group backs carbon tax, pipeline

CHAMBER OF COMMERCE

Proposals include trade pact, pension reform

The Canadian Chamber of Commerce is urging the next federal government to implement a suite of initiatives, including changes to the Canada Pension Plan and the adoption of a national carbon tax aimed at cutting greenhouse-gas emissions within 35 years.

The business organization, which represents chambers and boards of trade across the country, says the policy changes were part of 49 resolutions adopted at its annual meeting over the weekend.

It's calling on the federal government to work with provinces on a new tax, or legal limit, that would lead to a "substantial reduction" in greenhouse-gas emissions by 2050, though the chamber didn't provide any specific goals in its announcement.

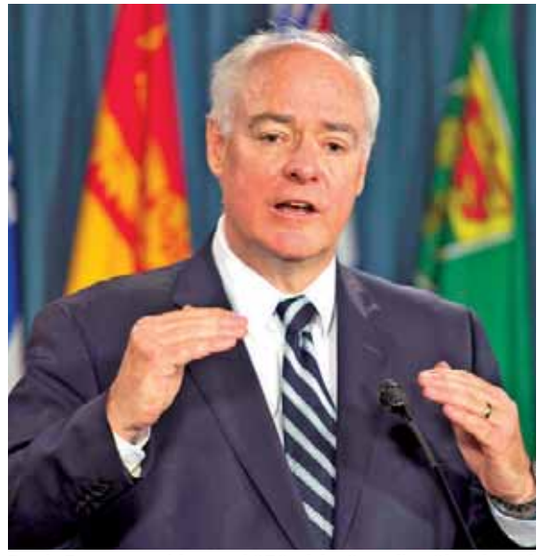
The chamber is also pushing for reforms to the Canada Pension Plan that would let employees contribute higher amounts.

It is also asking for "favourable conditions" to support TransCanada's Energy East Pipeline, a proposed development that would have the capacity to transport 1.1 million barrels of crude oil per day from Alberta to refineries and ports in Eastern Canada.

Among the other resolutions was support to finalize the Trans-Pacific Partnership and an initiative to streamline applications under the federal temporary foreign workers program.

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said chamber president and CEO Perrin Beatty in a statement.

THE CANADIAN PRESS



Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, speaks about the Trans-Pacific Partnership during a news conference in Ottawa on Oct. 5.

ADRIAN WYLD/THE CANADIAN PRESS

NEW YORK

Gangster on trial for 'Goodfellas' heist

An aging gangster went on trial Monday on charges he was in on the $6-million Lufthansa holdup in 1978, a legendary theft dramatized in the hit film Goodfellas.

The brazen armed robbery of cash and jewelry in the dead of night at a cargo terminal at Kennedy Airport was "the score of all scores" for Vincent Asaro and other mobsters of his generation, Assistant U.S. Attorney Lindsay Gerdes said in opening statements in federal court in Brooklyn, N.Y.

Asaro, 80, aligned himself with heist mastermind the late James "Jimmy the Gent" Burke — played by Robert De Niro in the 1990 Martin Scorsese film — "because he knew Burke was someone he could make money with," Gerdes said. "Jimmy Burke and Vincent Asaro were true partners in crime."

Defence attorney Diane Ferrone countered by accusing the government of relying on the testimony of untrustworthy turncoat mobsters, including a close associate of Asaro's cousin, Gaspare Valenti. She labelled the cousin a con artist who became a paid government informant in the late 2000s.

THE ASSOCIATED PRESS

IN BRIEF

TD review streamlines Canadian operations

Toronto-Dominion Bank is eliminating some jobs and changing others as part of a company-wide review.

TD had more than 80,000 full-time equivalent staff last year, according to the bank's 2014 annual report. THE CANADIAN PRESS

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Migrants surge over border into Croatia

CRISIS

Restrictions eased to let refugees move on to Slovenia

Thousands of people trying to reach the heart of Europe surged across Serbia's border into Croatia on Monday after authorities eased restrictions that had left them stranded for days in ankle-deep mud and rain.

The wave of humanity left behind a field scattered with soaked blankets, mud-caked clothing and water-logged tents as they headed for Slovenia, the next obstacle to their quest to reach richer European Union nations via the Balkans.

Monday's surprise move allowed an estimated 3,000 more migrants to enter Croatia bound for its small Alpine neighbour, which also has been struggling to slow the flow of humanity across its frontiers — and faced another wave of trekkers seeking to reach Austria and Germany to the north.

Migrants walk toward Slovenian police after crossing from Croatia, in Brezice, Slovenia, on Monday. SANTI PALACIOS/THE ASSOCIATED PRESS

"Without any announcement, the borders opened. When the borders opened, everybody rushed," said Melita Sunjic, a spokeswoman for the UN refugee agency.

Many walked only in sandals or slippers through the ankle-deep muck in a driving rain, frigid winds and fog.

Croat police stood aside to permit asylum-seekers by the thousands to walk toward buses for transport north — where they would become Slovenia's problem.

Croatia's prime minister, Zoran Milanovic, said conditions on the poorly sheltered Serb side of the border had quickly grown unbearable.

"It's apparent that this is no solution, so we will let them through. We will send them toward Slovenia," Milanovic said. THE ASSOCIATED PRESS

GERMANY

Violence erupts at anti-Islam rally

Violence flared in the eastern city of Dresden after German anti-Islam group PEGIDA staged a rally to mark its first anniversary Monday.

Scuffles broke out when police tried to separate far-right protesters and counter-demonstrators attempting to block their path.

Dresden authorities had warned ahead of the protest that they would crack down hard on violence, amid growing concern in Germany that PEGIDA — whose name stands for "Patriotic Europeans against the Islamization of the West" — is becoming more radical.

Many in the crowd held banners with slogans such as "refugees not welcome." Speakers who touched on the issue of migration elicited chants of "send them back."

Germany's top security official warned that groups such as PEGIDA were paving the way for violence, citing a sharp increase in attacks on refugee shelters this year and a weekend knife attack on a leading candidate to be mayor of Cologne. The attacker told police he acted out of anti-foreigner motives. THE ASSOCIATED PRESS

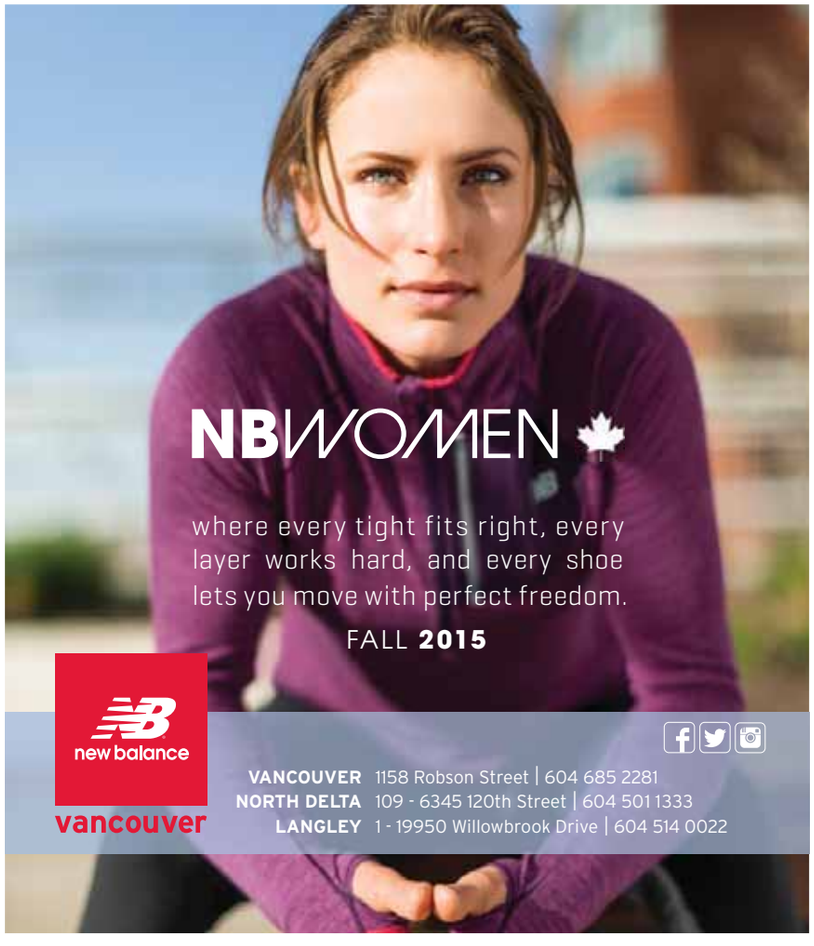
ISRAEL

Eritrean slain by mob was mistaken for a Palestinian

The death of an Eritrean migrant who was shot and beaten by a mob that mistakenly believed he was a Palestinian attacker set off a round of soul-searching Monday amid the jittery atmosphere sweeping Israel in a wave of unrest.

Some critics accused Israel's leaders of fostering the charged climate.

Nine Israelis have been killed in the past month in the attacks, mostly stabbings. At least 41 Palestinians have been killed — including 20 identified by Israeli authorities as attackers; the rest were slain in clashes with Israeli forces. THE ASSOCIATED PRESS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Trans Canada in harm's way

WELLNESS

Documentary shows access to transgender health care is bumpy at best

Henrietta Walmark
Metro | Canada

AJ Ripley is a non-binary trans-masculine PhD student fighting for funding of proper health-care services in New Brunswick. ALL PHOTOS: SARAH THOMAS MOFFAT

"I didn't think I would live past 30 at that point," AJ Ripley, a gender ambiguous person, says in the Vice Canada documentary On Hold: Investigating Transgender Health Access in Canada.

Ripley is seen standing in front of a portrait of their pre-transition self in the Marie Fox exhibit at the Beaverbrook Art Gallery in Fredericton, N.B. "I was 28 at the time and didn't imagine I would make it to 30. So as a 30-year-old standing here in an entirely different body, and looking at those eyes, I just want to hold that person and tell them that it's going to be OK."

It's a vulnerable moment in contrast to Ripley in the opening scene of On Hold, which they host and co-produced. (Ripley is non-binary and prefers the pronouns they/them/their(s).) The trans activist is on the phone trying yet again to schedule a meeting with New Brunswick's minister of health, Victor Boudreau.

Ripley wants a face-to-face meeting with Boudreau to discuss the health minister's comment that doctors don't need to service trans patients if they disagree morally and religiously with their identities.

New Brunswick is the only province in Canada that does not offer any funded procedures to transgender people. On Hold uses that fact as a jumping-off point to examine transgender health care access across the country.

"I'm one of the people who is waiting for surgery," Ripley tells Metro in a phone interview from Fredericton. "It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.

"Anywhere else I could apply and go through the paperwork and get it covered, but because my government doesn't pay for it, I have to crowdfund. That can feel like a shameful experience."

> **It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.**
> Transgender activist AJ Ripley

While other provinces offer some access to some surgeries, Ripley says that even in Ontario, which has one of the best trans health-care models, "there are still a lot of problems because of understaffing, lack of education and prejudice."

"When you're trans, your life really becomes your cause," says Ripley. "You're an activist from the time you wake up until the time you go to bed, unfortunately."

When allies ask how they can help, Ripley suggests sharing information on social media. "What I tell people is to like my article about what it's like to be a trans activist online. Put it on your (Facebook) wall if you're cisgender, heteronormative people. It might not receive a ton of likes but it doesn't mean people aren't reading it or engaging with it.

"It means the world to me to know that I have 50 or 60 people sharing this documentary in their social media realm," says Ripley, "knowing that will snowball to thousands of other people."

The trans activist was finally able to meet with the New Brunswick health minister, but Boudreau asked for patience until a budget review late in October. "At that time if he doesn't show us that he's trying to find a solution for trans people in the province, we'll have to ramp up our activism," says Ripley.

"Dr. Edgar in the documentary does say that what we've learned statistically through a number of surveys is that waiting equates to death," says Ripley. "So access to trans health care and gender reassignment surgery is not trivial or optional or elective, it's really a matter of life or death. People that spout ideas about these surgeries being cosmetic, I hope that they read more or watch the documentary and realize the damage in that narrative."

LEARN MORE

On social media

- Watch the documentary On Hold on YouTube or at vice.com.
- Follow AJ Ripley on Twitter @genderunicorn and on their blog, Trans Canada (My Way).

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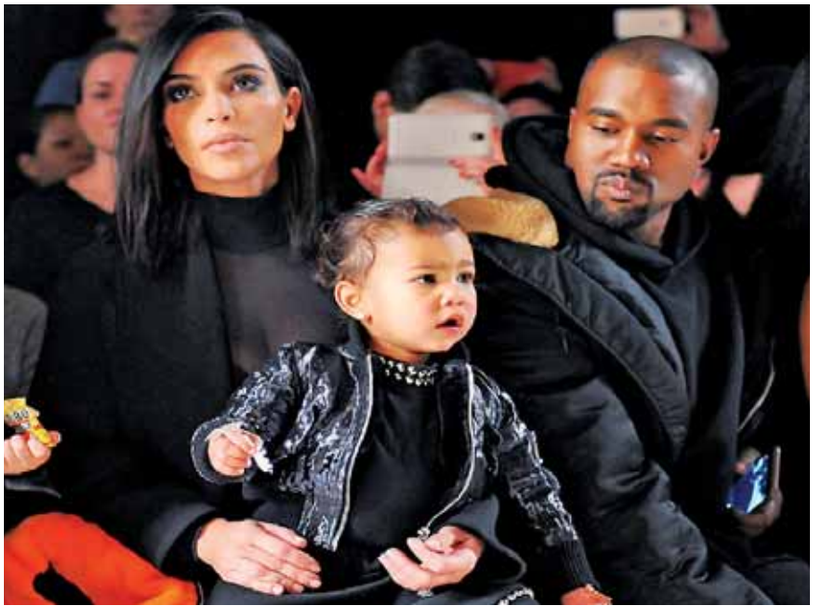
Kanye West's rant highlights app issue



Kanye West recently ranted on Twitter over in-app purchases on North's games. Some parents have bills for hundreds of dollars after their kids too clicked on purchase prompts. GETTY IMAGES

KIDS' GAMES

In-app purchases problematic for parents

Toronto single mom Robyn Holmes sympathizes with Kanye West.

Like the hip-hop star, who recently dropped an F-bomb on Twitter over in-app purchases for kids' mobile video games, Holmes has been burned by her young child inadvertently racking up a bill on her tablet.

In Holmes's case, her then-four-year-old daughter was playing Angry Birds and clicked on over a dozen in-app purchase prompts to advance to new levels.

"Then I start receiving these emails on my device, 'Thanks for your purchase,' and I'm like, 'Oh my God, what purchase?"' recalls Holmes, an IT problem manager.

"I look and all of a sudden I've got this $80 bill for stuff that she's bought."

Holmes didn't realize that certain settings on the tablet allowed her daughter to make in-app purchases. She's since learned her lesson — one that West clearly just did as well, based on his recent tweet that started with an expletive and then derided "any game company that puts in-app purchases on kids games!!!"

"That makes no sense!!! We give the iPad to our child and every 5 minutes there's a new purchase!!!" West continued in another tweet.

"If a game is made for a 2 year old, just allow them to have fun and give the parents a break for Christ sake."

Actor Jack Black has also been affected by costly in-app purchases, lamenting on The Tonight Show Starring Jimmy Fallon in May that his young son spent $3,000 on just one game.

In-app purchasing is typically available in games that are advertised as free to download. Sometimes just the first few minutes of play are free, or users may be tempted with the option to buy more lives, bonus features or premium content with real money.

Digital media expert Aimee Morrison, associate professor of English at the University of Waterloo, says the problem improved somewhat after developers of "free" games started indicating in app store descriptions when in-app purchases were available.

But the total cost of in-app purchases can vary wildly, she adds. Some games offer dozens of hours of fun for just a few bucks, while others require substantially more.

The biggest piece of advice from experts is for parents to change settings on their devices to prevent children from making such purchases.

Parents can also seek out kids' games that don't have such traps.

Toronto-based studio Sago Sago, for instance, makes apps that are free of in-app purchases and third-party ads for children ages two to four. Instead, most of the apps cost $2.99 for the entire game upfront.

"It creates challenges for us but the reality is that we've won the trust of a lot of parents," says CEO Jason Krogh.

Morrison says she would like to see more transparency from developers, with kids' apps disclosing how much it would cost to achieve full functionality in a game.

THE CANADIAN PRESS

IVF WHAT WE CAN LEARN FROM QUEBEC

Cost of funding IVF in Quebec a cautionary tale, study says

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost $45,000 to more than $100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost $600,000.

Those findings, say researchers, represent a cautionary tale for any other jurisdiction considering whether to fund a similar program.

In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

THE CANADIAN PRESS

One IVF birth for women over 40 in Quebec costs $45K to $100K. ISTOCK

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Popcorn: No longer just for movies and ball games

TREND

The new it-food is salty, sweet, or served with smoked trout

The recipe makes eight to 10 servings. COURTESY LISA GNAT AND JULIE ALBERT, BITE ME MORE

Popcorn is having a moment. It's increasingly appearing on menus in high-end restaurants and artisanal shops are dreaming up dozens of ways to dress up the nostalgic movie-time snack.

"I think popcorn is a really special ingredient," says pastry chef Farzam Fallah of Richmond Station restaurant in Toronto, which sometimes features desserts with popcorn ice cream.

"I think it's just a new ingredient to be more heavily explored."

One dessert he's served is based on Cracker Jack and teams sticky toffee pudding, peanuts, cream ale foam and popcorn ice cream. Another is influenced by movie theatre snack bars — a serving of popcorn ice cream, chocolate cake, cola meringue, Twizzlers puree and Skor candy bar mingled on a plate.

When popping the corn, he burns it slightly because "burned popcorn translates way better in flavour." He then steeps the corn in an ice-cream base and strains it out so all that's left is butter popcorn flavour.

Christine Couvelier, whose Culinary Concierge company helps clients build their brands and keep ahead of market trends, predicted last December that popcorn — in fun flavours or as a creative ingredient — was on the trend horizon.

"It has arrived and I also think it's going to continue to be something to watch for next year too," she says from Victoria.

She's had popcorn drizzled with olive oil in an appetizer with avocado, smoked trout tartare and house-made chips.

"It was a really interesting texture combination to put on that plate," she recalls.

Pretzel Popcorn

In this sweet and salty treat created by Lisa Gnat, popcorn and pretzels are tossed with a caramel sauce, baked and then drizzled with melted chocolate.

- 3 l (12 cups) unsalted popped popcorn
- 625 ml (2 1/2 cups) mini pretzels
- 250 ml (1 cup) brown sugar
- 125 ml (1/2 cup) butter, cubed
- 50 ml (1/4 cup) light corn syrup
- 2 ml (1/2 tsp) kosher salt
- 1 ml (1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) baking soda
- 125 g (4 oz) white chocolate, melted
- 125 g (4 oz) semi-sweet chocolate, melted

1. Preheat oven to 120 C (250 F). Line a baking sheet with parchment paper. Coat a large mixing bowl with non-stick cooking spray and place popcorn and pretzels in the bowl.

2. In a medium saucepan over medium heat, combine brown sugar, butter, corn syrup, salt and cinnamon. Bring to a boil, stirring constantly. Boil without stirring for 4 to 5 minutes. Remove from heat and stir in baking soda (mixture will bubble up a little). Quickly and carefully pour over popcorn and pretzels and toss using wooden spoons to mix. Spread over prepared baking sheet and bake for 1 hour, stirring every 15 minutes.

3. Remove from oven and transfer popcorn mixture to parchment paper to cool. Drizzle with melted white chocolate and semi-sweet chocolate. Let cool completely to let chocolate set.

THE CANADIAN PRESS

Rose Reisman EAT THIS

THIS WEEK: McDonald's

In recent years, McDonald's has tried to include healthier menu items in an effort to change the perception that this massive chain only serves unhealthy junk food. Customers are demanding fresh and wholesome food, and McDonald's is coming to the rescue. But would-be healthful McDonald's customers beware — healthy-sounding items can be deceptive, especially with dishes like the Keep Calm, Caesar On Entrée Salad Bowl.

PICK THIS

Sweet Chili Signature McWrap

Ingredients
Grilled chicken breast, Thai sauce, iceberg lettuce, cucumber, McChicken sauce, whole wheat flour tortilla

Calories 410
Fat 13g
Sodium 940mg
Carbohydrates 45g

SKIP THIS

Keep Calm, Caesar On Entrée Salad Bowl

Ingredients
Baby kale, lettuce, crispy bacon, Parmesan, croutons, fried chicken, Caesar dressing

Calories 730
Fat 53g
Sodium 1400mg
Carbohydrates 30g

HERE'S WHY

The fat equivalent of two Big Macs

This kale and romaine salad seems to be a healthy alternative but this Keep Calm Caesar salad is anything but. The nutrients of the baby kale won't outdo the damage from the "crispy" chicken — a.k.a. deep fried — the bacon and high fat creamy dressing, which alone contains over 200 calories and 22 g of fat! Take note — the nutritional information on the website doesn't add in the dressing. You may as well indulge in two Big Macs in terms of fat!

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The science of lovesickness

INTERVIEW

Rejection's impact on the brain explored in new doc

A painful ache in your heart. Depression. Inability to stop crying.

These are all symptoms of a paralyzing illness that affects people all around the world — it's called lovesickness.

Biological anthropologist Helen Fisher is an expert on romantic love who has studied the effects of romantic rejection on the brain. She is also the lead scientist in a new documentary, Sleepless in New York

Describe the science behind lovesickness.

(Through brain scans of 17 people dumped recently), we found activity in a brain system that is completely linked with deep feelings of romantic love for the person. So when you've been dumped, you still continue to love them. We also found activity in a brain region linked with attachment, so even though they've dumped you, you still feel a feeling of deep attachment to this person. We also found activity in three brain regions linked with cravings. And one of those three is the main addiction centre for all drugs of abuse. Last but not least, we found activity in a brain region linked with the anxiety that goes along with rejection but also linked with pain.

Is romantic love addiction?

It is an addiction. The addiction centres become active.

How dangerous can romantic rejection be?

Well, if you kill yourself, that's the finale of your life on Earth. If you kill someone else, that's the finale for them. If you're stalking someone, you're terrifying them. And if you slip into clinical depression, you don't get out of bed.

Is there a formula for overcoming romantic rejection?

I would treat it as an addiction. Throw out the cards and letters. If you're giving up alcohol, you don't keep a bottle of vodka on your desk. Don't write. Don't call. Don't ask that person's friends about them.

TORSTAR NEWS SERVICE

The documentary Sleepless in New York by director Christian Frei follows people who have been rejected by their lovers in the days and weeks following their breakups. HANDOUT

STUDY

Parents now advised to introduce allergenic foods earlier

Parents should be feeding their babies potentially allergenic foods to ward off serious allergies, suggests a new review of recent evidence.

The review, published Monday in the Canadian Medical Association Journal, states that most babies at four to six months of age can begin eating these foods, which include cow's milk, soy, peanuts, tree nuts, eggs, wheat, fish, shellfish and sesame.

And once those foods have been introduced, it's important the baby continue to eat them on a regular basis or an allergy could develop.

"We're in the midst of a food allergy epidemic, so prevention is really important," said co-author Dr. Elissa Abrams of the University of Manitoba's department of pediatric allergy and clinical immunology.

> **In the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy.**
> Dr. Elissa Abrams

In the past, parents of babies at high risk of developing allergies were advised to wait 12 months to 36 months before introducing commonly allergenic foods.

"At the time we thought that if you allowed the infants' immune system and gut to mature it would decrease the chance that they would become allergic," said Abrams, who co-authored the review with Dr. Allan Becker.

Instead of food allergy rates dropping, as was expected, there was an increase in some areas.

"For example, in the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy," said Abrams.

Later studies "found that giving the foods late did not prevent allergies and in fact may actually increase the risk that these children would become allergic."

Groups including the Canadian Society of Allergy and Clinical Immunology now call for introducing peanuts to high-risk kids at between four and 11 months of age.

The new review does suggest it might be advisable for parents to visit an allergist if there is a history of allergies in the family.

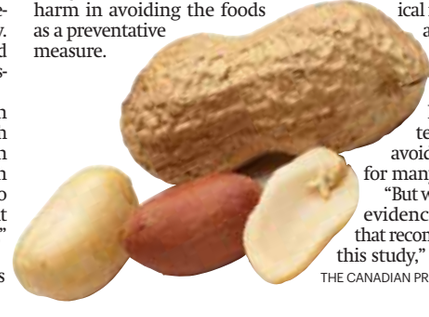
A recent survey of Canadian households found that eight per cent, or one in 12 families, reported at least one food allergy.

Researchers have also learned more about what could be causing food allergies.

"We now think that you can actually become allergic through your skin, specifically broken skin such as in children with eczema, if they're exposed to these foods in the environment and not already eating them," Abrams said.

"So that's why the guidelines have shifted so dramatically from the old guideline, which was wait, to the new guideline, which is there is no need to wait."

Current guidelines say mothers don't need to avoid foods that commonly cause allergies while pregnant or breastfeeding. Many mothers ask what's the harm in avoiding the foods as a preventative measure.



"There is a harm," said Abrams. "In some of the studies, when moms avoided foods when they were pregnant, they were at an increased risk of having small children and having children that were born early."

Dr. Susan Waserman, professor of medicine in the clinical immunology and allergy division at McMaster University, said in her clinic they haven't been telling parents to avoid allergenic foods for many years.

"But we never had good evidence even to make that recommendation until this study," she said.

THE CANADIAN PRESS

An ounce of prevention

Here are some ways you can help protect yourself so you're enjoying the season instead of nursing a seasonal sickness:

GET VACCINATED
Getting vaccinated is the best way to help keep influenza from interrupting your life. To learn more about the flu shot, visit your Shoppers Drug Mart Pharmacist or go to shoppersdrugmart.ca/flushot.

WASH UP
Fact: that shopping cart or doorknob you just touched could have germs that lead to a cold or flu. To make sure your hands are properly clean, rub them with soap and warm water for 15 to 20 seconds. If you aren't near a sink, have a hand sanitizer handy.

GET SOME REST
Getting at least seven hours of sleep a night helps you control the hormone cortisol, which is responsible for regulating your immune system. Some ways to help you fall asleep include avoiding rich meals right before bed, not drinking too many liquids before going to sleep and maintaining a regular sleep schedule.

SHUTTERSTOCK

A SOLID D
Living in a northern climate means we may be deprived of the vitamin D our immune system needs to function properly. Foods like milk and salmon are loaded with vitamin D, and you can supplement your diet with a multivitamin to help your body store the D it needs to help you stay healthy this season.

Already sick? Here's how to help yourself feel better

For your throat and chest
Your Pharmacist can recommend a product right for you. A product like Robitussin Cough Control Extra Strength with Mucus and Phlegm Relief soothes throats and helps relieve dry coughs and chest congestion.

For your sinuses
Otrivin® Saline is a natural nasal spray to unblock your nose. Breathe Right® non-medicated nasal strips can open up your nose instantly — and they're available for kids, as well. Advil® Cold & Sinus can also give relief, opening your airways by shrinking swollen nasal passages and making it easier to breathe.

For your kids
If your little one comes down with a fever, Children's Advil® can give them up to eight hours of relief. Your Pharmacist can help you determine a product appropriate for your child's age and weight.

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Digital nomads

Millennials are much less likely to define geographical boundaries

Jessica Wynne Lockhart

Geoff and Katie Matthews have uprooted their life every few months over the last two years. KATHLEEN L. MATTHEWS PHOTO

It's what some people might call the "sweet life."

After spending nearly a year in Prague, Geoff and Katie Matthews recently relocated to Mexico for six months. It's their 11th move since 2013; over the last two years they have uprooted their life every few months. Together, they have travelled to approximately 50 different countries, including driving from Croatia to Bosnia to Montenegro, exploring Scotland's Outer Hebrides, and living on a villa in Portugal.

How they do it? Or, more specifically, how do they afford to do it? The answer is easy: For Geoff and Katie, travel doesn't equate to vacation. Instead, the two small business owners work from the road.

"We have done the 'save up, go travelling' a couple of times, but when we left Canada in 2013, the plan was to build businesses as we went," said Katie, 34.

Using her background in recruitment and PR, Katie started a business producing content and helping clients define their personal branding, while Geoff, 39, launched a video editing business. Both work remotely with clients around the world.

"I think our lifestyle actually shaped the business, rather than the other way around," Geoff said.

The Matthews are part of a new business class of travellers — digital nomads. Previously, becoming location independent didn't seem feasible, except for those with freelance already in their job titles.

Today, it's estimated that more than 200 million North Americans are mobile workers, according to the International Data Corporation. While no firm statistics exist on how many of these individuals are taking advantage of their ability to travel, the number of digital nomads is undoubtedly growing. By 2018, Staffing Industry Analysts estimates online staffing costs will jump to $5 billion from $1 billion annually.

Entrepreneurial millennials are much less likely to define their small businesses — or their lifestyles — by geographical boundaries. Instead, for these mobile developers, graphic designers, illustrators, writers, day traders and even online poker players, their mantra seems to be "have Internet, will travel."

"My favourite part about this — aside from being able to work in your pyjamas all day — is really being able to immerse yourself in different cultures," Geoff said. "As far as an end game, it's a big question mark — the world's a big place and there's more to see."

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Christine Sinclair was recently awarded an honorary degree from Kwantlen Polytechnic University. CANADIAN PRESS FILE

Soccer star Christine Sinclair scores honorary degree

Daniel Hendriksen

The most decorated soccer player in Canadian history can add another honour to her ever growing list of accomplishments.

Christine Sinclair was recently awarded an honorary degree from Kwantlen Polytechnic University (KPU).

A role model for girls and boys across the country, Burnaby native Sinclair is third all time in women's international goals scored with 155. She has been a part of Canada's national women's soccer program for the last 15 years, and represented our country countless times, including leading the women's team to a bronze medal at the 2012 Summer Olympics in London.

The list of Sinclair's athletic achievements is jaw-dropping, and includes being nominated as the FIFA world player of the year six times (2005, 2006, 2007, 2008, 2010 and 2012), and winning both the Lou Marsh Trophy as Canada's athlete of the year and the Bobbie Rosenfeld Award as Canada's female athlete of the year in 2012.

KPU has been planning to honour Sinclair since 2013, but due to the athlete's hectic schedule, the school had been unable to do so until now. KPU president and vice-chancellor Dr. Alan Davis spoke in a media release about Sinclair's impact on the game of soccer and Canadian youth.

"She brings strength and dignity to the sport of soccer, and her presence on the field is extraordinary," Davis said of Sinclair. "She is an inspiration to all young people and it's an honour for us to bestow this tribute on her."

In addition to her awards on the field, Sinclair, 32, has been named one of the top 25 most influential people in Canadian sports, is a recipient of a Queen Elizabeth II Diamond Jubilee Medal, has a star on Canada's Walk of Fame, and was featured on a Canadian postage stamp this year with teammate Kadeisha Buchanan.

Sinclair currently plays for Portland Thorns FC in the National Women's Soccer League. She received her honourary degree at KPU's fall convocation.

Amanda Todd's legacy to live on

Douglas College has teamed up with the Tri-City Rotary Clubs and the Vancouver Foundation to establish a student award in honour of the memory of Amanda Todd.

The Amanda Todd Legacy award will see three students receive $1,000 annually, starting in the 2016 winter semester. The award is available to Douglas students from the Tri-Cities who are enrolled in the school's child and youth care program.

"In Amanda's memory, I wanted to be able to fulfil her dream of helping others," Carol, Amanda's mother, said in a press release. "By creating this award, it will give opportunities to support the education of those who want to work in the field of mental health care. It is important that we are enabling interested students to assist those with mental health illnesses. There are never enough workers in that particular support system."

Funds for the award are being provided by the Amanda Todd Legacy fund via the Vancouver Foundation, the Douglas College Foundation and each of the four Tri-City Rotary clubs.

"We want to draw attention and awareness in the community and want people to be able to ask themselves, 'What can I do to help?'" said Ron Goyette, president of the Rotary Club of Port Coquitlam Centennial. "Mental wellness is a great concern in our communities, affecting many people, particularly youth."

It has been three years since Todd took her own life on October 10, 2012. The sad news of her passing made headlines around the world after a video she posted online detailing her experience with bullying went viral. The day of her death coincides with World Mental Health Day.

"At Douglas we promote discussions about mental health inside and outside the classrooms, as well as providing counselling for students who might be facing mental-health challenges," said Hazel Postma, Douglas College's associate vice-president, advancement and alumni relations.

DANIEL HENDRIKSEN

Hazel Postma, associate vice-president advancement and alumni relations, executive director, Douglas College Foundation, from left, Paul Droulis, president, Rotary Club of Coquitlam, Carol Todd, Trudy Gallant, president, Rotary Club of Port Moody, and Chris Wilson, president elect, Rotary Club of Coquitlam Sunrise. CONTRIBUTED

Innovative venture

Daniel Hendriksen

A new facility in downtown Vancouver is a move in the right direction for Simon Fraser University (SFU) in the institution's goal of being a leader in innovation.

As part of its program, SFU Innovates, the school has opened a new facility downtown to house VentureLabs®. The 24,000-square-foot facility makes it the largest business accelerator in British Columbia, and the West Coast hub of a new pan-Canadian business accelerator network operated by SFU, Ryerson University and the University of Ontario Institute of Technology.

"This new strategy and facility, combined with our pioneering programs to promote student entrepreneurship, represents a major step forward in SFU's commitment to be Canada's most community-engaged research university," SFU president Andrew Petter said in a media release. "Universities have an obligation to support their students and faculty researchers, not only to generate great ideas, but also to put those ideas to use for the benefit of society."

VentureLabs was already one of the province's top-performing B.C. accelerators for job creation. The new facility will link many SFU and SFU-partner innovation initiatives such as 4D Labs, RADIUS, RBC First Peoples Enterprise Accelerator, Innovation Boulevard, and Zone Startups India.

For more, visit sfu.ca.

Simon Fraser University's 24,000-square-foot VentureLabs® will be the largest business accelerator in B.C. CONTRIBUTED

NEW UBC RESIDENCE TO BE ALL WOOD STRUCTURE

Plans are in place for the University of British Columbia (UBC) to construct a new student residence, that, once completed, will be one of the tallest wood buildings in the world.

Blueprints for the estimated $51.5-million structure have it standing at approximately 174 feet tall. The 18-storey building is being designed to house 404 UBC students in 272 studios and 33 four-bedroom units. In addition to dorms, the facility will feature study and social gathering spaces, a ground-floor lounge, and study space for students who don't live on campus.

"This beautiful, new tall wood building will serve as a living laboratory for the UBC community," Martha Piper, interim president, said in a media release. "It will advance the university's reputation as a hub of sustainable and innovative design, and provide our students with much-needed on-campus housing."

Construction for the building is set to begin this fall, with an opening date set for September 2018.

For more, visit ubc.ca.

SPONSORED CONTENT

Develop skills through alternate methods

One of the biggest challenges faced by those heading back to school is relearning how to study, which was what dental assisting graduate Madelle Villanueva struggled with before she went to CDI College.

Villanueva returned to school in hopes of entering the oral health-care industry, but was concerned with the difficulties she may face. She chose to enrol in CDI College's 45-week dental assisting program, not only because it provided the technical training she needed to succeed in this field, but it also allowed her to develop her skills through alternate methods such as hands-on practice in the school's labs, as well as clinical placements.

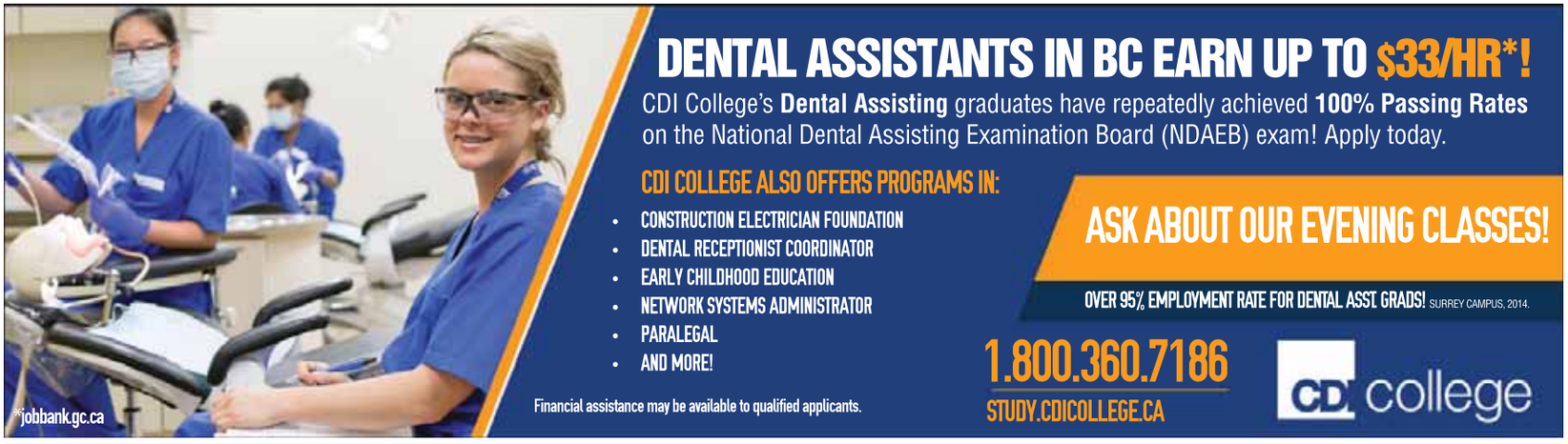
"The practicum experience was very important to me because it helped me experience work in the dental field," Villanueva says.

With more than 300 hours of real-world experience, students will gain knowledge working with actual patients in consulting hygiene practices, developing X-rays, and more.

"CDI College helped me with my career goals by providing me with more information on becoming a hygienist in the future," says Nikki Nhan, another dental assisting graduate.

"I would recommend this program to other people looking to start a career in my field."

For more information, call 1-800-360-7186 or visit dental.cdicollege.ca.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CREATE SOMETHING DIFFERENT EVERYDAY

If you are looking for a creative field that doesn't involve sitting in a cubicle all day, New Image College has the program for you, says John Craig, the school's vice-president.

"The fashion and film makeup design program is geared towards anyone who likes to create something different everyday," Craig says. "It is definitely not an office job. Our students are creative and love to work with their hands."

Under the school's umbrella of makeup artistry offerings, which also includes a beauty makeup artist certificate, the program covers everything from the fundamentals of makeup and airbrush techniques to out-of-kit special effects, including latex aging, bald caps and injury, and a prosthetic module that introduces the basics of shop work including bondo transfers, life casting, sculpting, gelatin and silicone mixing and running, foam prosthetic application, as well as teeth casting and making.

"We designed our makeup program the same way we designed our acting program — bringing teachers in and out of the movie industry to teach students hands-on experiences from the field," Craig says. "Students will learn many different facets of makeup, giving them multiple avenues to seek employment."

ADAM BUHLER PHOTO

Given the practical nature of the industry, Craig says, the majority of the program is spent on applied experience, which includes involvement in the school's theatre productions and short films, as well as working at local events and trade shows.

"We also have other companies and productions that look for volunteers, so we put forth our hardworking grads for each and every project," he says. "If you're a hard worker, these opportunities will come."

ADAM BUHLER PHOTO

The fashion and film makeup design program results in a diploma, an official IMDB credit and, Craig says, entry into "the brotherhood and the sisterhood of the billion-dollar makeup industry."

"New Image students are working on projects all around the world," he says. "Recently, our student Lily Krank won first place in the IMATS Battle of the Brushes character/prosthetic competition in London."

New Image College also facilitates programs in the areas of advanced makeup, acting, and esthetics and wellness, as well as teen camp workshops.

For more information, visit newimage.ca.

Makeup Artist - Alecia Sloof
Photographer - Melissa Meretsky

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Enrol in new term of courses at VSB

While September marks the traditional start of the school year, a new term of courses is set to begin at the Vancouver School Board (VSB), which will allow you to graduate from high school, upgrade your marks or gain Canadian credentials. And with classes quickly filling up, now is the time to register, says Adrian Keough, VSB's district principal of specialty programs.

"Structured classes for the next term begin Nov. 16 and take nine weeks to complete, ending on Jan. 29," Keough says. "There is also ongoing registration for self-paced courses and youth programs."

The biggest difference between the self-paced and structured options, Keough says, is flexibility. Self-paced courses require less school time and allow students to finish faster if they, for example, want to complete a prerequisite for post-secondary education, or slower if need be. Structured classes, meanwhile, require daily attendance for two to three hours during the day or in the evening.

"For November, these courses will be offered at three sites (Main Street at Gladstone, Gathering Place and South Hill education centres)," Keough says. "Youth programs are for students aged 16 to 19 who prefer a supportive small group setting with one teacher for many classes."

In addition to teachers who understand the needs of adult learners, the VSB also connects students with a range of support resources such as advisers, outreach workers, instructional assistants and administrators.

"All of these people are available to support you in meeting your educational goals to better prepare you for work or continued formal education," Keough says.

Adult education courses, such as literacy foundation courses, are also available and will benefit those who are new to Canada and want to learn English.

"If you've never graduated before, this is a great opportunity to get closer to that goal," Keough says. "If you've already graduated, this is a great opportunity to upgrade. And if you're new to Canada, this is a great opportunity to learn English or get Canadian credentials."

VANCOUVER SCHOOL BOARD PHOTO

A placement assessment may be needed to plan a program to help you meet your goals. For more information, visit ae.vsb.bc.ca.

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TOUR GEARED TOWARD WORKING PROFESSIONALS

Researching master of business administration (MBA) programs can be intimidating. The MBA Tour, says Sarah Swan, the marketing manager for the organization behind the event, allows you to do all your research in one evening by connecting you with top MBA programs.

"The MBA Tour is geared towards working professionals looking to enhance their careers with a graduate business degree," says Swan of The MBA Tour, Inc., an independent information source regarding MBA admissions. "Attendees will have the opportunity to meet with admissions directors from top-ranked graduate business schools. They can also sit in on specific program presentations, application workshops, admissions panels and GMAT strategy sessions, and have their resumés reviewed and refined by experts."

Taking place Nov. 2 from 5:30-9:30 p.m. at the Pinnacle Hotel Harbourfront in Vancouver, the MBA Tour is free to attend and will feature schools from Canada, the U.S., U.K., Spain, France, Italy, and Denmark.

The MBA Tour also offers its MeetUp service, which allows admissions directors to invite registered candidates to meet with them for 20 minutes during the event. These interactions, Swan says, provide more value than online research.

To register, visit thembatour.com. Registration is open until two hours prior to the event. After that, you will be able to register on-site.

Register Free
TheMBATour.com

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Expansion creates demand in trades

Expansion demand in residential, commercial, and industrial properties has led to a significant rise in the need for skilled trades workers. WorkBC projects more than 13,000 jobs for electricians until 2022.

With increased residential, commercial, and industrial expansion in British Columbia, there is no time like the present to begin your training in the construction electrician foundation program at Vancouver Career College.

Unlike other occupations where textbook studying may be sufficient, trades workers from programs such as construction electrician foundation depend on hands-on training to learn, develop, and adapt their skills before entering the field.

"I got inspired because I want to be somebody, I want to make something of myself," said Travis N., construction electrician foundation graduate. "Hands-on classes were great. With this, you were actually able to go into the work and practise what you were going to be doing for the rest of your life."

Vancouver Career College provides a student-focused environment so they can get the one-on-one feedback they need to excel in their field of study. With practicum placements included in many programs, students can also hone their skills and techniques, as well as gain real-world experience.

For more information on Vancouver Career College's trades programs, call 1-800-993-4086 or visit study.vccollege.ca.

$1,500 CONSTRUCTION ELECTRICIAN FOUNDATION SCHOLARSHIP*

Vancouver Career College's Surrey campus is offering a $1,500 tuition scholarship* to new applicants who complete the new afternoon classes for the Construction Electrician Foundation (CEF) program.

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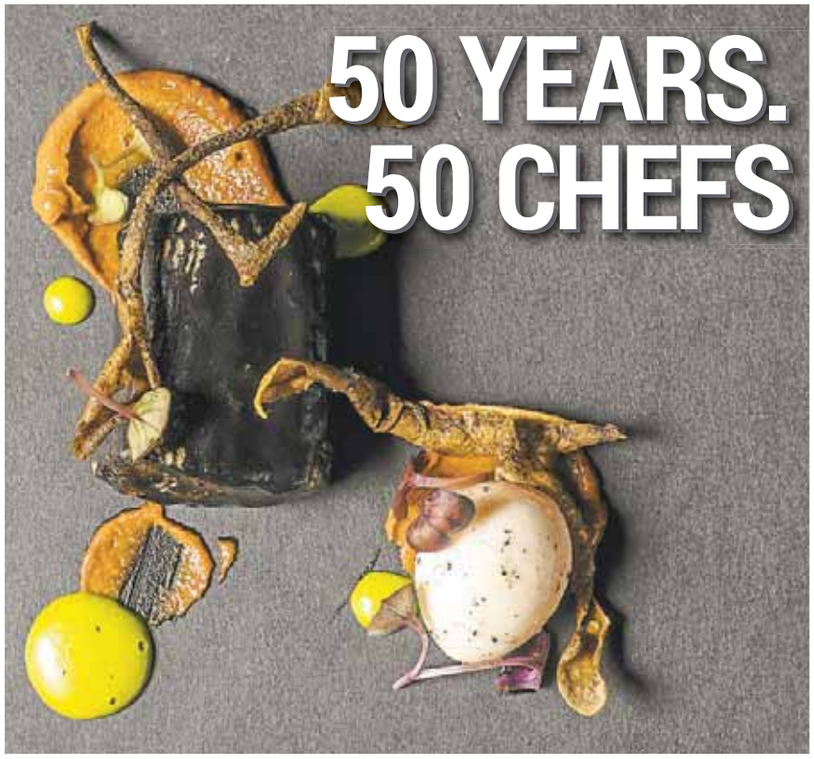
*Certain restrictions apply. Contact campus for details.



Olive painted albacore, soft-boiled egg, remesco, lemon cilantro cream and potato bark prepared by Hamid Salimian and JC Felicella, 50 Years. 50 chefs contributors and VCC instructors. CONTRIBUTED

Vancouver Community College marking its golden anniversary with lavish gala event

How do you celebrate a school's golden anniversary? If you are the Vancouver Community College Foundation, you host a gala that embodies the best of Vancouver Community College's (VCC) culinary, fashion arts, auto restoration and music departments.

"The 50th anniversary celebration had to say VCC in a big way," says Nancy Nesbit, executive director of the VCC Foundation, a separate registered charity with a mandate to raise money for VCC scholarships, bursaries and training materials. "The ambitious arrangement of chefs, bakers, wineries, musicians, fashionistas and more feels right for our position in the post-secondary marketplace and is aligned with our style. Our grads are everywhere."

The gala, entitled 50 Years. 50 Chefs, will take place Nov. 17 at the Rocky Mountaineer Station. It will feature a band primarily made up of alumni and faculty, a 1965-inspired fashion show, a photo booth where guests can be photographed with a 1965 Daytona built by VCC's auto service and auto collision departments, a silent auction, wine tastings from 16 wineries, and, of course, food.

"We are the largest culinary school in Western Canada," says Nesbit. "We're naming a roster of 50 chefs, but there will actually be more. All of the chefs have a connection to VCC. Several alumni we contacted were unable to participate as they're out of the country working or competing in Italy, France, England, Australia or the U.S., which is proof that a local VCC education does not limit your career globally."

> ***"VCC OFFERS 120 PROGRAMS AND WE'VE SERVED CLOSE TO A MILLION STUDENTS. EVERYONE KNOWS SOMEONE WHO WENT TO VCC."***
>
> ***– Nancy Nesbit, executive director of the VCC Foundation***

The roster, however, does boast successful alumni and chef instructors who have made their mark on the Vancouver food scene, including: JC Felicella, the 2016 Culinary Olympics Team Canada manager and VCC chef instructor; Scott Jaeger, chef and owner of the Pear Tree restaurant; and Shelley Robinson, regional executive chef at Coast Hotels.

"Everyone is excited to help us celebrate 50 years of talent, innovation and achievement," says Nesbit. "VCC offers 120 programs and we've served close to a million students. Everyone knows someone who went to VCC. Net proceeds from this one-of-a-kind event will fund scholarships, bursaries and training materials for future VCC students."

For more information, and tickets to the gala, visit vcc.ca/gala.

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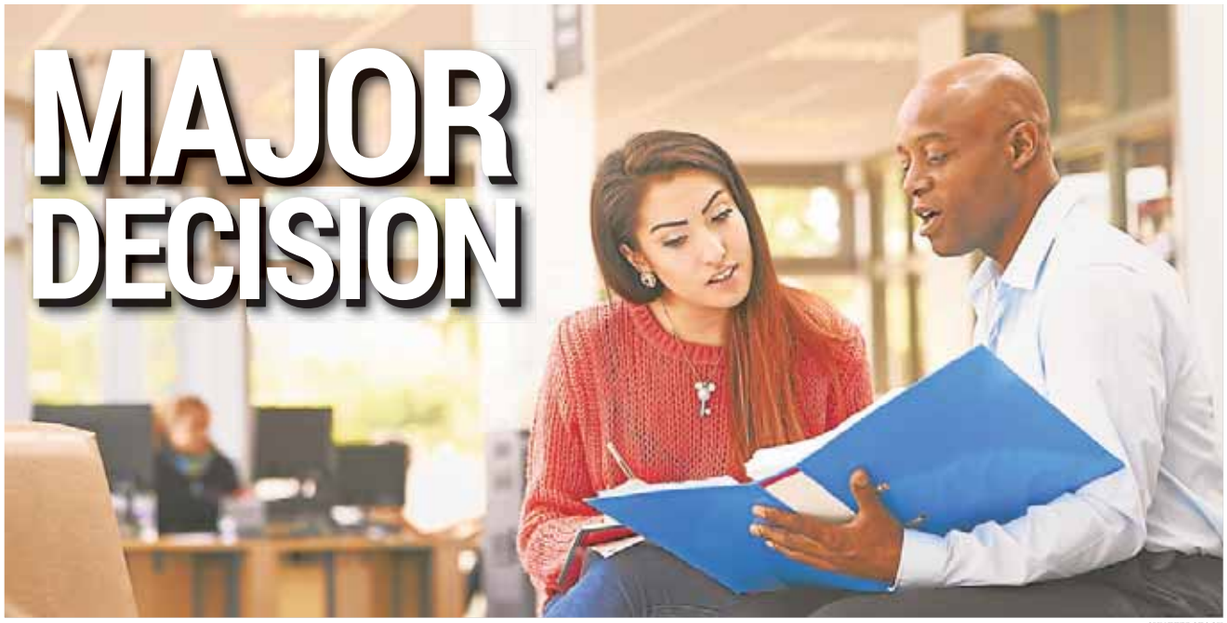

SHUTTERSTOCK

You spent a lot of time doing research when choosing your post-secondary program, but now you are almost two months into the school year and starting to realize that your current major may not be for you. According to Caitlin MacGregor, a Carleton University academic adviser, you aren't alone.

"Many university students end up changing their major," says MacGregor, who works at the Ottawa-based university's Student Academic Success Centre. "It's really common. Before you switch, I would recommend finishing the fall-winter semester to really get an idea of the post-secondary experience and decide by spring."

When talking major switches, MacGregor says, it is essential to differentiate between switching a major and switching a degree. The former, which involves transferring, for example, from one bachelor of arts program to another, isn't too complicated. Changing your degree entirely, meanwhile, comes with a unique set of challenges.

"It definitely takes more research," she says. "You would actually have to apply to the program and that means looking at prerequisites, admission averages and essentially starting over for the most part."

Switching majors within the same area of study, on the other hand, requires consideration of whether your current credits will count in the new program, whether the program has unique prerequisites that you may not have obtained in your Level 100 courses, the GPA you need, and the types of assessments you may encounter.

"Within different arts programs, for example, you're looking at very different skill sets and assessments," MacGregor says. "Your current program may see exams that typically contain multiple choice, while the program you are interested in would require you to write essays. Know what you're getting into, your learning style, and how that major fits into your strengths and abilities."

In addition to your own research, MacGregor says, turn to on-campus resources such as academic success centres and career services, where advisers will be able to answer all of your questions and bring considerations to your attention that you may have overlooked.

"Even if you don't start post-secondary off on the right foot, you can move into it," MacGregor says. "Decide what you're passionate about and go from there." — *Izabela Szydlo*

Gain a competitive advantage at NYIT

With a focus on graduate education, New York Institute of Technology's (NYIT) Vancouver campus offers students master's degree programs that will give them a competitive advantage.

"Recent undergrads, working professionals and those looking to start a business would benefit from our master of business administration (MBA) program and its concentrations in finance or tourism," says Ravi Muti, the school's marketing assistant. "Meanwhile, the master of science in information, network and computer security (M.S.–INCS) program will result in career titles such as security analyst and information systems manager in the in-demand field of cybersecurity."

Designed to be completed in two years, both programs have unique elements that set them apart from similar master's degree offerings. The MBA at NYIT has been approved by the Ministry of Advanced Education of British Columbia and includes content relevant to both the American and Canadian markets. The M.S.–INCS program, meanwhile, is the first of its kind in British Columbia. Additionally, Muti says, it is not bound by geography.

"Courses are taught by professors from local faculty and NYIT's New York campuses with professors either coming here for the semester or teaching a class through distant education."

In addition to its master's degree programs, NYIT's Vancouver campus also facilitates online marketing management and small and medium enterprise adviser certification offerings.

To learn more about NYTI and its programs, visit nyit.edu/canada.

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NYIT

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The Jays claimed switch-pitcher Pat Venditte off waivers from the A's before Game 3

Goins gets tough as Jays erupt

MLB POST-SEASON

Toronto 2B joins Tulo, Donaldson in homer parade

Troy Tulowitzki, Josh Donaldson and Ryan Goins homered as the Blue Jays bats woke up Monday night, battering Royals ace Johnny Cueto in an 11-8 Toronto win that cut Kansas City's lead to 2-1 in the American League Championship Series.

Kansas City rallied for four runs in the ninth but it was too little, too late.

The Royals won 5-0 and 6-3 in Kansas City, handcuffing the Jays' powerful offence. But that changed in Game 3 in front of a loud sellout Rogers Centre crowd of 49,751.

"We need to score," Toronto manager John Gibbons said before the game. "That's kind of who we are."

And that's exactly what they did, with Tulowitzki, Donaldson and Goins combining for nine RBIs.

The 11 runs set a Toronto franchise record for most runs scored in a post-season game at home.

It also marked the third time in Jays' playoff history that the team has scored 10 or more runs. The three homers matched a franchise single-game playoff mark.

Apart from the Royals rally, the lone sour note was Tulowitzki's ejection after taking the field in the eighth, seemingly for chirping home plate umpire John Hirschbeck. The Jays shortstop, who had to be held back by bench coach DeMarlo Hale, had just struck out for the second time and wasn't happy about it. Neither was the crowd.

After giving up a run to Kansas City in the first inning, Toronto sent eight men to the plate in the second and nine in the third to build a 9-2 lead. Goins, who had driven in two earlier runs, made it an even 10 with a solo shot in the fifth.

Birthday boy Jose Bautista, who turned 35, made it 11-4 with an RBI single in the eighth. The Royals added two runs on three hits and a sacrifice fly in the ninth off Liam Hendriks, forcing Gibbons to bring in closer Roberto Osuna.

Kendrys Morales then hit a two-run homer to make it interesting.

For Goins, it was an evening of redemption after a fielding blunder that opened the door to the Royals winning rally in Game 2 Saturday. He did damage with the bat and showed off his silky fielding skills.

For Tulowitzki, who is still feeling the effects of a late-season shoulder injury, it was a second straight successful outing at the plate after a playoff slump.

For Cueto, it was simply a night to forget. He was pulled after giving up four runs in the third when he failed to get out the five hitters he faced. He retired just six of the 17 batters he faced.

Cueto gave up eight runs on six hits with four walks, one hit batsman and two strikeouts in two innings. He threw 69 pitches, of which only 39 were strikes.

In going down in flames, Cueto set a Royals record for runs allowed in a post-season game. And he became the first pitcher in post-season history to allow at least eight earned runs and 11 baserunners in two or fewer innings pitched, according to ESPN Stats.

Marcus Stroman pitched 6 1/3 innings in a bend-but-don't-break performance, giving up four runs on 11 hits with one walk and one strikeout.

Aaron Sanchez, Mark Lowe, Hendriks and Osuna pitched the rest of the way. THE CANADIAN PRESS

Ryan Goins got redemption after Game 2's costly fielding misplay by getting the Jays' offence going with a two-run single in the second inning before adding a solo home run in the fifth Monday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

ALCS **Game 3**

11	8

They Jays chased the Royals' Johnny Cueto after two innings while Marcus Stroman battled for 6-1/3.
LEFT: CHARLIE RIEDEL, RIGHT: MATT SLOCUM/THE ASSOCIATED PRESS

The rout was on after Josh Donaldson's two-run shot, capping off a six-run second inning that ended with the Jays up 9-2.
CHRIS YOUNG/THE CANADIAN PRESS

HOW'D YOU VOTE?

The lone Canadians on Toronto's roster are Russell Martin and Dalton Pompey.

Martin declined to answer questions about the election Sunday, while the 22-year-old Pompey acknowledged he's never voted. He's only been eligible once before, for the May 2011 election.

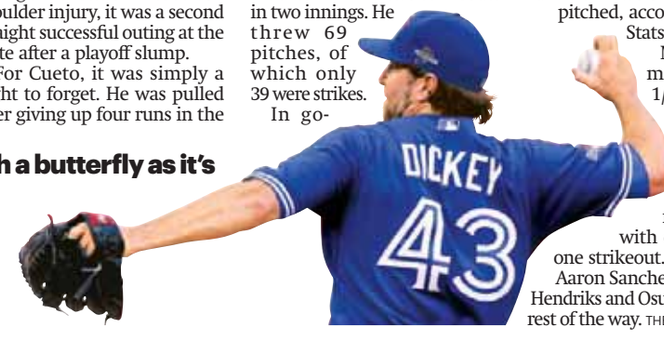
Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote

"I'm definitely going to tweet it out and raise awareness," he said.

THE CANADIAN PRESS

Have you ever tried to catch a butterfly as it's floating around in the air?

Russell Martin, who says he wishes he could put a camera on his mask so viewers could see the movement he sees when catching Tuesday's starter, knuckleballer R.A. Dickey.



Bartkowski finally gets to hear his favourite tune

NHL

Canucks rearguard pots first goal of pro career

Cam Tucker
Metro | Vancouver

The mesh rippled and "Callin' Baton Rouge" — the Garth Brooks hit rendition from 1993 — sounded throughout Rogers Arena.

It's Matt Bartkowski's personal goal song — every player for the Vancouver Canucks will have one this season — even though he had never scored an NHL regular-season goal in 136 games prior to Sunday against the Edmonton Oilers.

He did get one in the playoffs, Game 7 against the Toronto Maple Leafs back in the lockout-shortened season. But that was the extent of his scoring until his wrist shot from the blue line found a way past Oilers' goalie Anders Nilsson in the first period of Vancouver's overtime loss.

A free agent signing this past summer, Bartkowski was brought in by general manager Jim Benning as a puck-moving defenceman and to add depth to Vancouver's blue line, a point of emphasis for the Canucks heading into the last off-season.

136

Defenceman Matt Bartkowski had gone 136 games without scoring a goal — then on Sunday, he connected in the Canucks' 2-1 overtime loss to Edmonton.

Matt Bartkowski has the puck-moving skills but, until Sunday, they haven't led to any scoring. RICH LAM/GETTY IMAGES

He's appeared in all six of Vancouver's regular season games so far, mostly playing alongside Dan Hamhuis.

The Canucks have seven defencemen, with Yannick Weber sitting out despite having a booming slap shot that could provide a boost to the team's struggling one-for-20 power play so far.

> **When he skates, he's hard to defend — and I think he has still more he can give.**
> Vancouver Canucks head coach Willie Desjardins, on Matt Bartkowski

Bartkowski's name has come up as a possible candidate to be scratched for Weber.

"I did talk to him. I talked to him … that he had to play better, or there was a chance he could be coming out, but I thought he responded," said head coach Willie Desjardins.

"When he skates, he's hard to defend and I think he has still more he can give."

Having gone through training camp, pre-season and the earliest part of the regular season schedule with his new team, the 27-year-old Bartkowski believes he's getting more acclimatized to Vancouver's system.

Canucks' defencemen are encouraged to join the rush, which is a fit for the strong-skating Bartkowski.

"We don't have free rein to do whatever we want as 'D' but they want us up the ice, they want us in the play and contributing offence," he said.

"I can skate all right so it's good being able to have that freedom to get up and help create stuff."

VANCOUVER GIANTS

Top prospect Benson adamant he'll return Friday

Tyler Benson — a potential first-round pick in the 2016 NHL Entry Draft — isn't wavering on his expected return date to the Vancouver Giants lineup.

Speaking to Metro in a phone interview Monday, Benson made it clear he will be ready for Friday's game against the Seattle Thunderbirds at Pacific Coliseum.

The 17-year-old forward has missed the first 10 games of the season, after having surgery to remove a cyst near his tailbone.

"It's definitely frustrating. I feel like I had a really good summer of training and felt really good coming into the season," said Benson.

Benson said he skated on a line with captain Jackson Houck and import forward Radovan Bondra at practice.

Following Saturday's loss to Red Deer, head coach Lorne Molleken said the club's biggest decision will be whether to put Benson at centre or left wing.

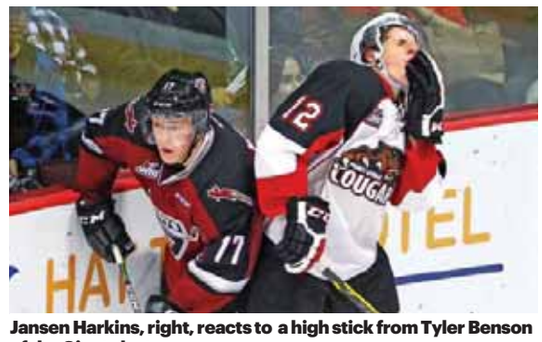
Given an 'A' rating for NHL Central Scouting's Players to Watch list in September, Benson maintains he's concentrating on getting back into game shape and his play rather than his status in the minds of the scouts.

"I've just got to try and come back and do the best I can right now," he said.

"I missed six weeks, I've got to try and recover quick and get back to the top shape I can be in.

"You Just don't focus on it too much. Just focus on the play you can do on the ice."

CAM TUCKER/METRO



Jansen Harkins, right, reacts to a high stick from Tyler Benson of the Giants last season. BEN NELMS/GETTY IMAGES

IN BRIEF

Sharks goalie Raanta blanks Rangers 4-0

Antti Raanta made 22 saves for his fourth career shutout in his Rangers debut to lead New York to a 4-0 victory over the San Jose Sharks on Monday night.

Marc Staal, Mats Zuccarello, Jesper Fast and Viktor Stalberg scored for New York, which snapped a three-game winless streak (0-2-1) after opening the season with three wins.

Raanta was playing for the first time since being acquired from Chicago in a draft-day trade in June.

Martin Jones finished with 24 saves in his first loss of the season as the Sharks lost their second straight after opening the season with four wins. Jones had allowed just two goals in the Sharks season-opening winning streak and came in leading the NHL in goals-against average (0.49), save percentage (.982) and shutouts (two).

THE ASSOCIATED PRESS

Price first star of week for 3-0 record

Montreal goaltender Carey Price has been named the NHL's first star of the week after helping the Canadiens to their best start since joining the league.

Price went 3-0-0 with a 1.00 goals-against average, .963 save percentage and one shutout as the Canadiens improved to 6-0-0, their best start in their 98-year NHL history.

Dallas forward Tyler Seguin was named the week's second star with three goals and four assists in three games.

St. Louis forward Vladimir Tarasenko took third-star honours with three goals and three assists in four games.

THE ASSOCIATED PRESS

Kings' practices hampered by brownouts

The Los Angeles Kings' practice schedule is on thin ice these days while power outages plague the neighbourhood around their training complex.

The Kings were forced to cancel the on-ice portion of practice Monday for the second time this month because the ice at the Toyota Sports Center wasn't playable.

The area just southeast of Los Angeles International Airport has endured multiple power outages in October.

THE ASSOCIATED PRESS

WOMEN'S SOCCER

Buchanan shortlisted for 2015 Ballon D'Or, FIFA women's player of year

Canadian coach John Herdman has long said teenage defender Kadeisha Buchanan had star quality.

On Monday, he was proved right again as the 19-year-old from Brampton, Ont., was one of 10 shortlisted for the 2015 Ballon D'Or, which honours the women's player of the year.

Herdman, meanwhile, is shortlisted for women's world coach of the year for the second time in his career. He was also nominated in 2012, when he finished sixth in voting. Contenders for the FIFA men's playing and coaching awards will be announced Tuesday. Buchanan, who plays collegiate soccer at West Virginia, turned heads at the Women's World Cup on home soil this summer when she won the Hyundai Young Player Award and was the lone Canadian on the tournament all-star squad.

Still a teenager, Buchanan already has 40 caps. Tough, physical and fast, she is the anchor in the Canadian defence. In being shortlisted for the world award, Buchanan follows in the footsteps of Canadian captain Christine Sinclair, long the face of Canadian women's soccer.

Kadeisha Buchanan
GETTY IMAGES

Herdman drew that parallel back in May 2014 after Buchanan starred in a 1-1 tie with the U.S. "I'm not frightened to say it, she's the Sinclair of defenders. She's that good," Herdman said.

The United States, which won the World Cup in July, is the best represented country on the shortlist with three players: Hope Solo, Megan Rapinoe and Carli Lloyd. The other candidates are Germany's Celia Sasic and Nadine Angerer, who won the award in 2013; France's Amandine Henry and Eugenie Le Sommer; Japan's Aya Miyama; and Switzerland's Ramona Bachmann. TORSTAR NEWS SERVICE

Neymar filling void in Messi's absence

SOCCER

Barca star is La Liga top scorer, has Ballon d'Or top 3 in his sight

Lionel Messi's injury might just be what Neymar needs.

With Messi out of action, the Brazil striker has taken over the spotlight at Barcelona and has the room to prove he has what it takes to finally make the three-player shortlist for the player of the year award.

Neymar is almost certain to be in the 23-player list that will be announced Tuesday for the FIFA Ballon d'Or award. It would be the fifth consecutive time he makes it that far, but this could be the first year in which he has a realistic chance of breaking into the top three. Neymar is making a strong case for himself thanks to outstanding performances early in the season, including a four-goal game in the Spanish league on Saturday.

"Impressive, unstoppable, electric," Barcelona coach Luis Enrique said of Neymar after the match. "Almost impossible to stop without committing penalties." Neymar has become the go-to guy since Messi tore a ligament in his left knee nearly three weeks ago, attracting most of the attention of the defenders, setting up teammates and even taking the penalty kicks.

Barring more injuries, there is little doubt that either Messi or Cristiano Ronaldo will win the best player award in January, as has happened the past seven years. But making it to the top three would be considered a great achievement for the 23-year-old Neymar, who is in his third season with Barcelona.

It would be another step toward his goal of becoming the best in the world, something he has wanted since beginning his career with Brazilian club Santos. Neymar recently played his 100th match with the Catalan club, reaching the milestone with better numbers compared even to Messi in goals scored and assists.

"I want to keep making history, winning everything with the club," said Neymar, who leads the Spanish league in scoring with eight goals in as many matches. "My life and my game changed for the better (after coming to Barcelona)."

Although Messi and Ronaldo have been regular front-runners in the Ballon d'Or award, there hasn't been much consistency about the third member on that final list, with Manuel Neuer making it last year and Franck Ribery the year before.

Andres Iniesta and Xavi Hernandez were the outsiders in previous years. THE ASSOCIATED PRESS

Neymar
THE ASSOCIATED PRESS

"Impressive, unstoppable, electric."
Barca coach Luis Enrique on Neymar after his 4-goal game

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RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is as much vegetables as it is pasta yet it's still pure comfort in a bowl. **Serves 4.**

Ready in
Prep time: 20 minutes

Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusili
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions
1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp up, about 5 to 7 minutes.
2. Put a big pot of salted water on to boil for the pasta.
3. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so that the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.
4. Cook your pasta according to the package instructions. Drain it well and throw the cooked noodles into the vegetables and give it all a good stir.
5. In a small bowl, whisk up the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

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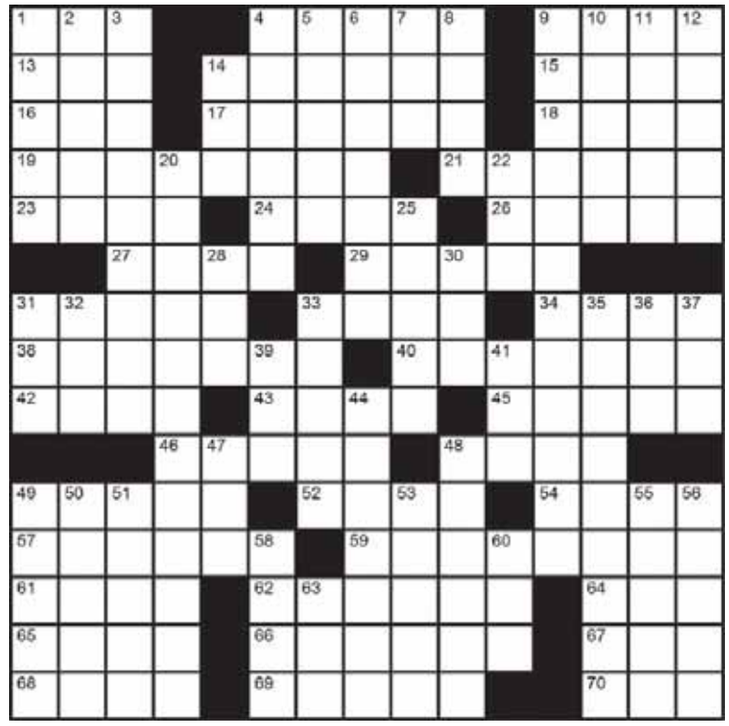
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. WWII fliers
4. Mountain bottoms
9. Earthenware pot
13. Calder Cup sports org.
14. Reach that destination on horseback: 2 wds.
15. Canadian actress Ms. Mitchell
16. Egyptian _ (Cat breed)
17. Mystery writer Ms. Christie
18. Chocolate or Pound
19. Slowly-but-surely
21. Sandwich roll
23. Mr. Hershiser
24. Ms. Brockovich
26. Category
27. Infliction
29. Bestseller, often
31. Thud
33. Prefix to 'culture'
34. _/_ radio
38. Loverboy's "Working for the _"
40. Coat: French
42. Unaltered
43. Music's Tori
45. Cars of Italy
46. Dobie Gray hit: "_ '_' Crowd"
48. Much: 2 wds.
49. Analyze
52. Rip
54. Cosy retreat
57. Actress Sissy
59. Crafts people
61. Ms. Kotb of NBC
62. Values
64. Ms. Leoni
65. Wing-shaped
66. Do charades: 2 wds.
67. Boo-boo do
68. Klingon in the 'Star Trek' universe
69. Mythological blood
70. Lefts opposites [abbr.]

DOWN
1. Sylvester Stallone role
2. Not _ _ out of place
3. Title of American composer John Cacavas' music piece featured in the Canadian wildlife TV vignettes Hinterland Who's Who: 2 wds.
4. England... Iconic bell/clock in the Elizabeth Tower in London: 2 wds.
5. Irish tune: "Robin _"
6. Literary locale
7. Shakespearean suffix
8. Saturate
9. The scientists at #48-Down jointly won "for the discovery of neutrino _, which shows that neutrinos have mass"
10. _ Apso (Dog from Tibet)
11. 'Great' waters
12. Australian attraction, _ Rock
14. Mr. Liotta
20. Layering piece for Fall fashion: 2 wds.
22. High card
25. Standards
28. Pres. Eisenhower
30. Through
31. Shirley's portrayer on "Laverne & Shirley" ...her initials-sharers
32. French actress Ms. Seydoux of the upcoming 007 flick
33. Acknowledge
35. Carnivore
36. Business excess
37. 12th Greek letters
39. Scottish refusal
41. Dallas Cowboys org.
44. When astronauts aren't in space, they are where?: 2 wds.
47. Donkey's partial laugh
48. 2015 Nobel Prize in Physics winners: _ B. McDonald (Canada) and Takaaki Kajita (Japan)
49. "Poppycock!"
50. Speedskater, _ Anton Ohno
51. "M*A*S*H" role
53. _-Detoo (George Lucas character)
55. Hagar the Horrible's dog
56. Ivan and Nicholas
58. "The Bridge on the River _" (1957)
60. 'Violin' suffix
63. Job [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In one area of your life at least your efforts are about to pay off. However, your health could suffer if you overdo it physically. You need to get the balance between work and play just right. Make that your aim today.

Taurus April 21 - May 21
You may be tempted to force through changes you know others don't want but think of the resentment that could create. You may have a remarkable will to win, but you don't have to win every time.

Gemini May 22 - June 21
If you find yourself in a situation that makes you feel uncomfortable then get up and leave. Don't worry that it might be interpreted as being rude.

Cancer June 22 - July 23
Pay no attention to rumours today. If certain people want to spread gossip that's up to them but it won't do you any good, so keep your distance and make sure you deal only in facts.

Leo July 24 - Aug. 23
You could clash with someone who does not share your principles — or maybe has no principles at all. Just remember there are many out there who share your beliefs.

Virgo Aug. 24 - Sept. 23
You cannot keep up your present frantic pace for much longer, and if common sense doesn't tell you then what happens over the next few days will hammer home the point, maybe painfully. Slow down and calm down.

Libra Sept. 24 - Oct. 23
Don't get emotional about something that needs to be dealt with on a purely mental level. If you allow your feelings to get the better of you then you will only confuse yourself.

Scorpio Oct. 24 - Nov. 22
Try not to take yourself too seriously, especially if certain people flatter you. Most likely they are after something and hope that by saying the right things you will give it to them. But you're not that gullible, are you?

Sagittarius Nov. 23 - Dec. 21
There are a lot of challenges coming your way but you will come through unscathed. Even the most testing trial can be turned into a triumph if you show the right attitude.

Capricorn Dec. 22 - Jan. 20
You may find it difficult to get along with certain people. Make the effort because there could be financial repercussions if they feel you are being unfriendly for no good reason.

Aquarius Jan. 21 - Feb. 19
Control your temper, no matter how much others provoke you. Keep your cool by reminding yourself what could be at stake in the long-term — your professional status.

Pisces Feb. 20 - March 20
Anyone who takes you on today is likely to regret it. Cosmic activity in your opposite sign of Virgo makes you hugely combative, so much so that you may actually go looking for trouble. Try not to alienate people.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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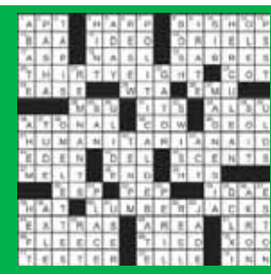

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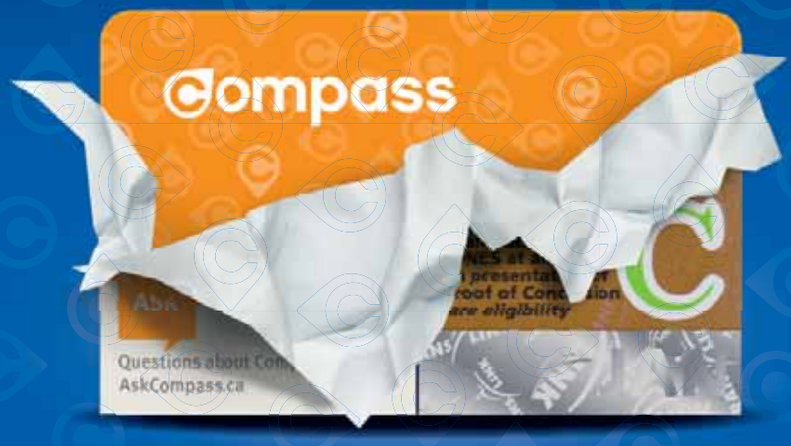

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